

Covenant School of Nursing Reflective



Learning to be a reflective practitioner includes not only acquiring knowledge and skills, but also the ability to establish a link between theory and practice, providing a rationale for actions. Reflective practice is the link between theory and practice and a powerful means of using theory to inform practice thus promoting evidence based practice.” (Tsingos et al., 2014)

Using the Reflective Practice template, document each step. The suggestions in the boxes may help you as you reflect on the incident. This Reflective Practice document will be reviewed by faculty and then you will post the final reflection in your LiveBinder folder.

<p>Step 1 Description A description of the incident, with relevant details. Remember to <u>maintain patient confidentiality</u>. Don't make judgments yet or try to draw conclusions; simply describe the events and the key players. Set the scene! It might be useful to ask yourself the following questions</p> <ul style="list-style-type: none"> • What happened? • When did it happen? • Where were you? • Who was involved? • What were you doing? • What role did you play? • What roles did others play? • What was the result? 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> • What can you apply to this situation from your previous knowledge, studies or research? • What recent evidence is in the literature surrounding this situation, if any? • Which theories or bodies of knowledge are relevant to the situation – and in what ways? • What broader issues arise from this event? • What sense can you make of the situation? • What was really going on? • Were other people's experiences similar or different in important ways? • What is the impact of different perspectives eg. personnel / patients / colleagues?
<p>Step 2 Feelings Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? • What were you thinking at the time? • How did the event make you feel? • What did the words or actions of others make you think? • How did this make you feel? • How did you feel about the final outcome? • What is the most important emotion or feeling you have about the incident? • Why is this the most important feeling? 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • How could you have made the situation better? • How could others have made the situation better? • What could you have done differently? • What have you learned from this event?
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • What was good about the event? • What was bad? • What was easy? • What was difficult? • What went well? • What did you do well? • What did others do well? • Did you expect a different outcome? If so, why? • What went wrong, or not as expected? Why? • How did you contribute? 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • What do you think overall about this situation? • What conclusions can you draw? How do you justify these? • With hindsight, would you do something differently next time and why? • How can you use the lessons learned from this event in future? • Can you apply these learnings to other events? • What has this taught you about professional practice about yourself? • How will you use this experience to further improve your practice in the future?

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Description:

I completed the assigned case study and thinking worksheet for clinical on Wednesday evening, and we discussed as a group on Thursday afternoon. I was instructed to discuss question #4 with the group on Teams about other signs and symptoms of hypokalemia.

Feelings:

I felt confident in my learning when I completed the assignments by myself without difficulty. Confidence in nursing school (and nursing) makes all the difference. Nursing school is hard and can make you feel like you know nothing, because there is so much information to learn. So, being able to recognize how much knowledge I have over these subjects felt good.

Evaluation:

The virtual clinical experience was great overall. Though I prefer to be in the hospital interacting with patients, this was a great alternative. I believe the other students did their part well and put a lot of thought into the questions they answered. Having open discussion has been a great opportunity for learning for me.

Analysis:

I was able to apply previous learned knowledge about hypokalemia and hypovolemic shock to these assignments. It was very helpful to look at a situation and “dissect” it to understand what was going on.

Conclusion:

I don't believe that myself or anyone involved could have made my virtual clinical experience better. It was very organized, well thought out, and beneficial to my learning. Each person's input validated the information I already knew and have learned throughout school. I also learned a bit more about nursing interventions when a patient is on a Heparin drip .

Action Plan:

Overall, I enjoyed my virtual clinical experience and think that these types of assignments should be implemented more. I now am refreshed on the information I knew about hypokalemia and hypovolemic shock and can apply some things I learned to my clinical and nursing practice in the future. This taught me that great learning can take place even from online; even sometimes more than you may have learned in a clinical setting that day.

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