

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. personal / 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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Due to bad weather, we only had one clinical day this week. It was a busy morning performing patient care and initial assessments. During report I learned that both patients were solely Spanish speaking, although, they were able to follow basic commands. Despite being able to follow commands, communication was much more challenging due to both patients being on an ETT. Throughout the morning it was difficult to communicate with both patients, I could tell my primary patient was getting frustrated because he did not have a good way to convey what they wanted. When my first patient was given a piece of paper and pen to write out what they wanted to say, they only scribbled on the paper. In comparison to my first patient, the second patient I cared for had a family member to help translate. This was easier to communicate and the patient was not as agitated/frustrated. When my nurse went to turn the patient, suction, perform oral care, etc., my secondary patient was much more compliant with the care in comparison with my primary patient – who was noncompliant. Throughout the morning I was trying to think how I would be able to provide the best care that I could with the language barrier. I saw firsthand how frustrating it can be to both the patient and the nurse, and how it can negatively affect patient care. Before the clinical day ended, I caught multiple contraindications for the medications my nurse was going to administer. I asked for clarification for the meds due to some lab levels being low, and some doctor's notes that my nurse missed. It is easy for even an experienced nurse to miss little details, sometimes things such as a double checking if having the nurse has the correct medication or reading the doctor's notes can be missed.