

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

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Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.

<p><b>Step 1 Description</b></p> <p>This Morning while caring for my patient in virtual SIM lab I learned a great deal about acute SOB. My patient was having difficulty catching his breath and I had to act quickly to assess and correct the problem.</p>	<p><b>Step 4 Analysis</b></p> <p>This patient had a disconnected oxygen tube which led to his SOB. In assessing the situation, I remained aware of the dangers of giving too much oxygen to a patient with COPD. I also stayed focused on correcting the breathing problem before moving on to any other assessments or medication administration</p>
<p><b>Step 2 Feelings</b></p> <p>During this sim exercise I felt confident in my ability to critically think and assist my patient. I remained calm and went through several steps to assess the situation</p>	<p><b>Step 5 Conclusion</b></p> <p>In conclusion, I feel I handled the situation very well. In the future I will remember to options of venturi mask and purse lip breathing.</p>
<p><b>Step 3 Evaluation</b></p> <p>The things I handled well were. The first thing I checked was his oxygen canula and connections. Then I increased the oxygen as per Drs. Orders. The next step I took was to sit the patient up in bed to assist with breathing. Then, I completed a respiratory assessment on the patient. His dyspnea subsided and his Oxygen returned to an acceptable range.</p> <p>Something I did not consider was changing the oxygen from nasal canula to a venturi mask. I also should have suggested the patient do pursed lip breathing</p>	<p><b>Step 6 Action Plan</b></p> <p>I fell I used my critical thinking skills to handle to situation properly. I addressed the cause of the dyspnea and worked through steps with the patient to correct the issue. Overall I feel it was a great learning experience that will increase my confidence when dealing with patients in the future.</p>