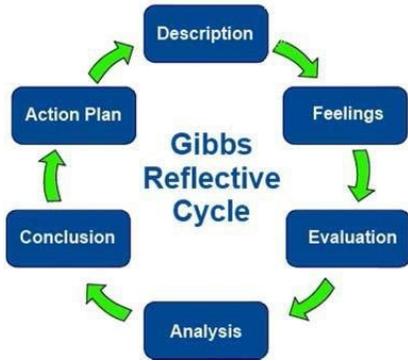


Covenant School of Nursing Reflective



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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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>Step 1 Description</p> <p>Today during SIM the patient's had just come back from the operating room having their left hip worked on. The patient presented dizzy, confused and their vital signs were dropping. The other student nurse and I did our assessment on the patient head to toe and then did a focus on her left leg to make sure that the patients wasn't experiencing compartment syndrome. We concluded that the patient wasn't but we couldn't figure out why their vitals were dropping and why they were confused. Their J Pratt drain was full and the dressing needed to be changed. After talking to the charge nurse and the MD we finally decided that the patient was experiencing a post-operative bleed.</p>	<p>Step 4 Analysis</p> <p>I feel like as a nursing student we get so workup on the big things and worrying about missing them that we miss the little things instead such as what the vital signs, your head-to-toe assessment are telling you or even the simple talking back when calling the MD instead of wasting time calling them multiple times. My partner and I were both in the same boat when it came to not knowing the next step and what exactly was going on with the patient as a whole.</p>
<p>Step 2 Feelings</p> <p>I was embarrassed that I didn't catch it when we were going through SIM. After my partner and I worked through the scenario I feel the most important emotion I felt was embarrassment because now that I know what it feels like I will never put myself in that position again. I also feel a bit of relief because thankfully this happened with in a simulation instead on a real patient so now I'll know what to do if and when it happens in person.</p>	<p>Step 5 Conclusion</p> <p>I feel if I took my time and didn't let my nerves of being on the spot get to me I think I would have done a better job at catching certain issues with the patient. I also feel like having to do it online made everything more confusing and less user friendly. If in person we would have had the actual patient (mannequin) in front of us with their IV, meds, and chart instead of having to imagine it in our heads. Imagining it made it easier to forget certain details.</p>
<p>Step 3 Evaluation</p> <p>A good thing that came out of this situation was the learning. Every step through the scenario was a learning step. It was very difficult because we were on the spot and we unfortunately had to do everything online instead in the SIM center on the mannequins. I didn't expect how it ended but I feel like everything was beneficial. I do feel my partner and I showed real team work as we were trying to figure out what was going on with the patient</p>	<p>Step 6 Action Plan</p> <p>The overall situation though very embarrassing and unorthodox it was a still a great learning experience. Even though we do simulations we can't just assume that everything is normal. Even though nursing is a fast pace job I do feel like you need to still take you time and think things though. If you go too fast just to "keep up" then you're putting your patient in more danger then good. This simulation will help me in the future to keep reminding me to slow down and look at the whole picture and not what other nurses are doing or how fast they are doing it.</p>