

## 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>I had a patient on the ventilator who has COPD and came in for COPD exacerbation. She was confused and had very low oxygen.</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>I did an assessment on her, and I asked her questions to test her neuro. When I asked her why she was in the hospital? She demonstrated to me to give her a paper and pen. I gave her and this time she took her time to write how that she slept and woke up in the hospital, and is unaware of what is going on. I told the nurse caring for her and the nurse explained her diagnosis and treatment plans.</li> </ul>
<p><b>Step 2 Feelings</b>          Our priority was to treat her low oxygen and increase her level of consciousness. After we met our goals with the ventilator with oxygen, we decided to change her settings to cipap. She did not tolerate it well, and she became restless and agitated. Her respirations went up and heart rate went up, so we changed her back to settings PVRC on the ventilator.</p>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>After that incidence she became more relaxed and less anxious. She asked why we were giving the medications we were giving her and what it was for. We explained everything to her. I really like the fact that she was interested in her care, her husband later told us that she was a nurse.</li> </ul>
<p><b>Step 3 Evaluation.</b> I realized she was always trying to talk to us, but no one could understand her with the tubes in her throat. I encouraged her to write, the first time she wrote, we could not see her or make sense of her writings. She came trying to talk to us and needing help with fluids.</p>	<p>I really learnt a lot from the use of the ventilator to caring for a patient on a ventilator. What I will improve on in the future in my nursing care is explain to patients about their care and letting them understand why a care is given.</p>

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