

Covenant School of Nursing Reflective Practice



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. <u>Remember to 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' perspectives?
<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>Having done 120 preceptorship hours has certainly given me many opportunities to grow in my nursing career. Aside from all the nursing skills that I usually carry out, I have gotten to perform some new skills such as blood transfusions, nasopharyngeal and oropharyngeal swabs, NG tube management, and central venous catheter removals. My preceptor has played a big role in teaching me some really valuable nursing tips. One of the things that she taught me was how to manage time. I have been working on having a more assertive and direct communication style. I have also made changes in my work routine while on the unit. For example, I have been prioritizing patient care and safety above all else.</p>	<p>Step 4 Analysis</p> <p>Just like residency programs, orientation to a new job, and job shadowing opportunities, the preceptorship experience is a great way for individuals to become acquainted with their career paths. Research has shown time and time again that the more clinical hours students are exposed to, the better they will perform in their work settings. The preceptorship experience embodies and reflects this point.</p>
<p>Step 2 Feelings</p> <p>I feel like I have improved in being more assertive and taking on a leadership role. After each shift, I feel more and more independent and able to stand on my own. I am so grateful that I got to practice new skills in this module that I have never done before. Additionally, I have been more comfortable communicating with other members of the healthcare team. Lastly, I feel like I have gained much confidence in the clinical setting.</p>	<p>Step 5 Conclusion</p> <p>I am very grateful to have had this preceptorship experience. It has truly shaped to be a better nurse; I will definitely be applying all of the knowledge I gained in my preceptorship experience into my future nursing career.</p>
<p>Step 3 Evaluation</p> <p>I am a very visual learner and getting to practice skills hands-on allows me to have a thorough understanding. I have tried my best to recognize and reflect on what I personally need to improve on. This method has allowed me to improve in many areas pertaining to my nursing career.</p>	<p>Step 6 Action Plan</p> <p>In order to continue bettering myself, I will keep on reflect on my actions. Reflecting will allow me to recognize what needs improvement. If I ever find myself not knowing what to do, I will turn to those who are very experienced in the field of nursing so that I can provide the best patient care possible. I will continue to do my best as I progress in my nursing career.</p>