



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?

Covenant School of Nursing Reflective

Student Name: Priscilla Meza

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>We had SIM on 2 patients at the Covenant Children's Hospital today. This involved 3 of my classmates and myself. We had 2 scenarios on 2 different patients, and I was the mom on the first and a viewer on the second. My classmates played the nurse, charge nurse and/ or viewer and mom.</p>	<p>Step 4 Analysis</p> <p>We were able to identify problems and critical from obtaining information from past modules. One information that was with a teaching on a procedure on our first scenario. We went over this skill once and to be able to teach about to the mom was really good. I believe my classmates experience on the floor helped him with teaching on how to properly take care and perform the skill on the child. His experience helped us to better understand the skill being performed.</p>
<p>Step 2 Feelings</p> <p>In the beginning I was feeling really nervous but at the same not really because I knew there wasn't people watching me from home. My group was very encouraging and helped each other on what to look for and how to best care for our patient. This made me feel more secure and also on the first scenario I was the mom, I saw from that point of view the worry and concerns regarding the mother towards their child. I felt that was very important to know how to deal with worried mothers.</p>	<p>Step 5 Conclusion</p> <p>I believe I played my role pretty well. Everyone actually did an awesome job. I learned a lot one piece of information that I really did not know was that you cannot give codeine to children under 12. That is something that I will remember from now on.</p>
<p>Step 3 Evaluation</p> <p>I think it went very well because everyone seemed to be well informed and willing to go through the scenario as real as possible. I played the role of the mom and having to interrupt the nurse made me feel really rude. That was kind of hard. I expected it to go really bad because of how nervous I always am, but thankfully everyone was comfortable, and teamwork was huge in our group.</p>	<p>Step 6 Action Plan</p> <p>What I think about the overall situation is that debriefing and working together really helped me view the whole picture. I don't think I would do anything differently because this was the most comfortable, I was at the SIM center. How I can use the lessons learned in the future is by applying how I saw situations being handled and use it in the real world. It was nice to see and be guided on how to deal with anxious mothers and children. Overall, best experience I've had.</p>