



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:

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 Today was the first day of module 5 simulation and it went well. Mrs. Sue set up the simulations and during the first simulation I was the nurse and then during the second simulation I was the charge nurse. I liked that I got it over with early and was in the A group that started at 0700. I really enjoyed the company of my fellow classmates since we don't get to spend much time together. I defiantly came out of simulation with more confidence in caring for pediatric patients and their families.</p>	<p>Step 4 Analysis Outside of school I work as a nurse tech on the adult neurology floor at CMC. I decided to work as a nurse aid and a nurse tech not only for the money but because every day I go to work it's like another day of clinical under my belt. I strive every shift to better myself as a future nurse and learn from my peers. I felt like all my hard work paid off today because I was able to educate the simulation parent's in a very natural way. It came second nature to me, and I didn't even have to work at it. As a RN a massive part of your job is to educate the patient on how to live a healthier lifestyle or manage their current health situation. My previous experiences helped me with communication in today's simulations.</p>
<p>Step 2 Feelings Before simulation started, I was very nervous about how it was going to go down. Last module I had a terrible simulation experience and was really hoping today would be a uplifting learning opportunity. The first simulation as the nurse I was very overwhelmed I felt like I had no confidence and no matter how much I tried to focus all I could think about was how the child was in pain and crying. However, during the second simulation as the charge nurse I felt like I had a clearer and more defined role since the patient was more critical. Due to the critical nature of the situation I felt like I had something I could fix and a direct pathway to do so.</p>	<p>Step 5 Conclusion The biggest single thing I could have done in simulation today is noticed quicker that the first simulation patient was in severe pain and needed pain medication now. If I could have made this one relatively small change, I would have accomplished the patient care much quicker because the patient would have been more receptive to care.</p>
<p>Step 3 Evaluation The first simulation was very eye opening to me because in adult acute care often we try to work through or around an adult patient's pain. However, in pediatric care if the patient is upset and crying then it really puts a halt on the whole operation. The only solution is to try to calm the patient, provide pain relief and wait until a better time to provide care or education. The second simulation came very natural to me, I feel like I deal with critical situations well and stay calm no matter how dire the situation. This calmness allowed me to work through the situation and provide care that was therapeutic to the child but also not traumatizing to the parent.</p>	<p>Step 6 Action Plan I learned a lot from today's simulations and really enjoyed engaging in conversation about the material we have learned throughout module 5. In hindsight I defiantly would have gone into the simulation experience today with more confidence if I knew I would have had such a good time learning as I did today. I will make sure to be more observant about small hints that patients give us about their physical and mental status that are often overlooked during physical assessments. And I will also keep in mind that every part of the body is connected and if one body system is in turmoil the likelihood that another system elsewhere in the body is also effected is high.</p>