

## 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>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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I had a great Tuesday clinical afternoon, and my nurse made my day even better. They were truly knowledgeable and were very willing to teach and answer any questions I had. They gave me numerous opportunities to help and provide patient care, and my nurse helped me successfully catheterize my first male patient! I greatly appreciate my nurse's openness and willingness to teach me how to be successful and provide the best patient care. It was awesome to see the fantastic teamwork the floor had. Whenever my nurse or anyone else needed help it was rarely asked for, it was basically a given. This system not only made patient care smooth but made new patient admissions easier for the nurse receiving them on the floor. Teamwork makes a huge difference on how the units run and how good patient care can be, and I have seen how other units/nurses can be overwhelmed when teamwork is not a part of their daily routine. It can make a huge impact how the nurse's day will go and how it will affect patient care, and I am glad to have seen such great teamwork. It honestly makes me look forward to becoming part of a great team who work well together!

The next clinical afternoon started off slow and mainly consisted of patient management and monitoring. My nurse's mind seemed to be everywhere at once due to a busy morning and personal life. Compared to my experience yesterday, my nurse today was more negative and stated she just wanted to go home. Although they taught a little here and there, at some points my nurse would just give me something to do, a med for example, and tell me to "go" without any explanation. That honestly made me uncomfortable not having any direction, but of course I asked for clarification before starting patient care. Aside from that, there was a rapid called on a patient just as they transferred the patient onto the floor. The nurse receiving the patient had no idea the patient was theirs until they were rolled into the room. This happened due to the charge nurse being occupied with another patient before the rapid was called and they did not get to inform the nurse receiving the patient on time. Thankfully, everyone in the room was able to calm and stabilize the patient. This shows how communication is huge to avoid surprises but can also be inevitable due to other tasks and patients needing attention on the floor.