

## 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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One thing that I have noticed on the floor that I have really enjoyed is when the medical professionals all come together to round on the patients. Usually this happens around the middle of the shift at about 10:30 or 11:00. All parties are involved the physicians, the APRN's, The pharmacist, Respiratory therapy, Charge nurse, and of course the patient's actual registered nurse for the day. Usually, they discuss treatment plans and how the patient is doing. Ask about tolerance to certain interventions and talk recommendations for future plans for the patient's well-being. This ends up being very beneficial not only for the medical professionals but for the patient's because there is a complete and clear vision about where the treatment and care for the patient is going to go moving forward. This made me feel very secure and confident about how the patient was going to be treated throughout their care at the hospital. This kind of open communication allows for questions to be answered without waiting or without someone being the "messenger," this all allows for continuities in the patients care. From my perspective observing the rounding was very easy but when speaking with my nurse she proclaimed that the rounding makes her job easier as well. Questions are answered and the short term and long term goals are specified therefore interventions can be selected to help care for the patient on their specific needs. The physicians I thought did very well because they weren't just telling people what they thought or what to do, it was a collaborative effort and everyone's input matters. This just goes to show how important good interprofessional communication is to the success of a patient's prognosis. Bad communication and lead mistakes and mistakes doesn't necessarily mean the patient being harmed but say certain things were or were not done that needed to be done because another medical professional had a different vision for what they thought the patient needed in order to heal. Having clear goals set is a huge advantage for a patients outcome especially on a Intensive care unit. The main thing that I learned wasn't that good interprofessional communication is important because this is something I already knew was important, but more that having a direct line of communication with the physician or pharmacist is very beneficial because things can be discussed efficiently for the patient's benefit and for the medical professionals caring for this particular patient. Rounded like this should be practiced in all hospital in my opinion. Everyone that cares for this patient is not only communicating directly to one another but they are literally outside the patients room allow for all parties involved to do their assessment of the patient in order to justify the goals, interventions, and future care of the patient to ensure a safe and wholistic recovery.