

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>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 My patient has respiratory failure and cardiac arrest as a result of covid 19. She had a tracheostomy done to maintain her airway. Her tracheostomy got infected and she got readmitted in the ICU.</p>	<p>Step 4 Analysis I feel as health care givers, we need to be fully aware of our care practices. We must not be negligent or passive in care delivery, we should avoid costly mistakes that is injurious to our patients. We should take education on skill and get hand on training on procedures, so that we improve in our delivery of care.</p>
<p>Step 2 Feelings Don't move on to analyzing these yet, simply describe them. Blood cultures showed that my patient has pneumonia. I felt she got this infection as a negligence of hospital staff. When a foreign object like a tracheostomy is placed in the lungs, aseptic care need to be in place to prevent infection.</p>	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> I will use this scenario that improve in my role as a nurse, to be diligent in everything I do. I know mistakes are bound to happen, but with appropriate skills and education, mistakes that are life threatening can be avoided.
<p>Step 3 Evaluation In order to prevent further damage to my patient's health and condition. I avoided touching her tracheostomy with my hands. I washed my hands before going to her room and I made used of clean gloves. I also checked her hemodynamics to estimate perfusion. I assess her level of consciousness also. That way we can catch anything on going.</p>	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> I feel with better care, appropriate oxygen, fluids and medication, my patient's condition will improve.

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