

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</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?

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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 There were families that were talking about what they go through in their life and how poverty has affected them. My role in this situation was to watch this video over poverty. I also was applying it to how I would care for my patients that are poor and in need for financial help. As a nurse you get a variety of patients. In the result I will be more aware of how I view my life and how I will care for my patients.</p>	<p>Step 4 Analysis I can apply this situation to how I will care for my patients once I am a nurse. There may be some situations that you will have patient that are poor and cannot afford their time at the hospital. I will need to learn who to contact them to and give them options of where to go once they are discharged from the hospital.</p>
<p>Step 2 Feelings During the video I was feeling grateful for what I have in life. I am very grateful for all of the opportunities I have had in life and that I have a bed and a roof over my head. I felt sad to see these families go through these hard times. It made me feel appreciative for what I have. The most important feeling I had during this video was that I felt grateful for what I have. I should stop complaining of the little things I can't have when what I already have these children dream of having one day.</p>	<p>Step 5 Conclusion I can make this situation better by applying my knowledge I know to help these patients while they are in my care. On my free time then I can maybe do donations or go help in the homeless shelter. Now I will have a different outlook on a lot of things and be more appreciative with everything that I have and that I go through.</p>
<p>Step 3 Evaluation The good thing about this event are the goals these children have. They will have determination to succeed more in life. The bad thing is that it is sad to see these children go through this hard time in their life. I am sure their life is difficult growing up but they seem to make the best of it.</p>	<p>Step 6 Action Plan Overall I think this is a sad deal for these families. I will use this experience to further my education in poverty and how to educate these patients on financial help and a place to go after. I can apply these learnings from my day to day life. I think having a different outlook and mindset will help me better myself to caring for other people. I will have more empathy for people and learn to humble myself as well.</p>