

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?

Covenant School of Nursing Reflective

I had a great clinical experience today. I think lately, I have gotten out of touch with how to communicate with families since there have been so many restrictions on visitors. Having a patient with family at the bedside was really refreshing, especially since he was extremely involved in the care of his son. I witnessed my nurse have patience with him, explain things thoroughly to him, and exhibit therapeutic communication in a way that I have not yet experienced in a clinical setting. I was able to play a small role in communicating with the father by staying extra time in the room with him when he started talking about his son and his other children at home. When I first saw this patient, I was really scared to do any kind of care because he looked so fragile and I did not want to mess anything up. With encouragement from my nurse, I got to help with oral care, I drew labs, gave meds, and did my assessments. I realized that I wanted to be a preceptor like that someday; one that encourages but still pushes people to do things that may be a little frightening at first. I learned so much from her. During the assessment performed by the neurologist, the patient was able to give a thumbs up, something that no one expected so soon. It was amazing to see the way the doctor and nurse cheer him on, and it was incredibly encouraging for his father to see as well. I learned how important it is to celebrate small victories with patients and their families in times of grieving and uncertainty. I think that overall, this was the best possible outcome for the situation that the patient was in, and I do not think that anyone or anything could have made it better. We were all working as a team towards a mutual goal, and seeing it come to fruition was impactful. In hindsight, I would not have done anything different. I hope to use this experience and knowledge when working with patients and their families in the future.