

# 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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*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><b>Step 1 Description</b>          I was with my total patient care nurse in a patient's room about to do a blood draw. As the student nurse, I prepared the site by applying the tourniquet and cleaned the antecubital area on the patient's right arm. I stuck the butterfly needle into the patient's arm only to find out I had missed the vein. I never saw the flash come through the needle. The TPCN observed me and guided me with directions to try to get a flash back however I never did. The TPCN then took control and maneuvered the needle to try to access the vein but could not find it so the TPCN removed the needle and applied a cotton ball and bandage.</p>	<p><b>Step 4 Analysis</b>          Knowing what I know about blood draws is that feeling is more important than seeing. The antecubital area will not always be the easiest. Blood draws can be difficult in patients who do not have great veins as I have learned.</p>
<p><b>Step 2 Feelings</b>          In the beginning, I was nervous to attempt to draw blood from a real patient however as I completed the required steps I remembered thinking about how I had practiced this skill in the simulation lab. This gave me more confidence as I was about to stick the patient. When I realized I had missed the right vein I was disappointed. It was frustrating not being able to get it right on my first try.</p>	<p><b>Step 5 Conclusion</b>          I could have made the situation better by being more confident as a student nurse. What I would have done differently would be to prepare the patient better as the patient was a hard stick and I could have used something like a warm compress and/or making sure the patient was fully hydrated. I learned from this that I will not always be able to get it right the first time but with the help of peers I can be successful.</p>
<p><b>Step 3 Evaluation</b>          This event made me realize that as a nurse, I am never going to be perfect. While the task is simple, performing the correct action can depend on the patient and their veins. After my attempt was unsuccessful, the TPCN tried a different site, the right hand, and was successful. Although, I did expect a different outcome for myself, I was able to learn during the situation to see all of the different possible areas a nurse can stick to draw blood.</p>	<p><b>Step 6 Action Plan</b>          All in all, this situation taught me how to stay calm even when I do not know what is wrong and to always make sure the patient is comfortable. When dealing with patients who are hard sticks, you can utilize other resources such as tying the tourniquet tighter, using gravity, making sure the patient is hydrated, and applying something like a warm compress. I will apply what I learned from today in all future endeavors since blood draws are a common thing to do in the hospital.</p>