

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</p> <p>During Simulation I got to work in a “nursing role” with a student partner. During preparation, we reviewed the patient chart, combined ideas, and made a priority care plan for our patient.</p>	<p>Step 4 Analysis</p> <p>The impact of learning from a peer is very beneficial and informative. My partner noticed and prioritized certain aspects of the patient’s health history that I had not yet recognized. She also came up with nursing interventions and patient teachings that I had not thought of and vice versa. With this collaboration we were able to address more with the patient than we would have if independent.</p>
<p>Step 2 Feelings</p> <p>I was feeling nervous for my first ever simulation. Being able to prepare with another student who brought great ideas to the table, as well as validated my own ideas helped me gain some confidence going into the simulation.</p>	<p>Step 5 Conclusion</p> <p>I really learned the importance of teamwork and collaboration. The medical field is full of so many diverse outlooks and specialties. It is important to get second opinions or ask for collaborative advice from other members of the health care team in order to achieve best patient care.</p>
<p>Step 3 Evaluation</p> <p>This event resulted in positive outcome of our simulation. We had prepared and ready to work as a team with our patient’s status as the highest priority. The nervous energy I had prior to this event could have altered my ability to focus and critically think.</p>	<p>Step 6 Action Plan</p> <p>In the future, I will take this lesson and apply it in the clinical setting. I know now that is not beneficial to be timid or afraid of asking for help and additional opinions. Putting the patient first and focusing on the best care plan for their health will involve collaboration and interdisciplinary teamwork.</p>

Covenant School of Nursing Reflective

Covenant School of Nursing Reflective

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.

Step 1 Description	Step 4 Analysis
Step 2 Feelings	Step 5 Conclusion
Step 3 Evaluation	Step 6 Action Plan

Covenant School of Nursing Reflective