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.

Step 1 Description A description of the incident, with relevant details. Remember to maintain patient confidentiality. 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 • 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?	**Step 4 Analysis** • 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
Step 2 Feelings Don't move on to analyzing these yet, simply describe them. • 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?	**Step 5 Conclusion** • 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?
Step 3 Evaluation • 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?	**Step 6 Action Plan** • 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?

Prehospitalresearch.eu – licensed by CC

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 I was assigned to S8 at Covenant Medical Center. The nurse that was my mentor had a quadriplegic patient with arm deformities. The patient had an order for a blood draw. The patient's veins on both hands were collapsed, so the nurse decided to draw blood from a finger. She used the smallest butterfly needle with a vacu-holder and was successful.	Step 4 Analysis In a previous module, I learned that with more fragile veins it is best to use a butterfly needle and syringe. This method is the safest because you have full control of the force of the vacuum which can prevent the collapse of a patient's vessel.
Step 2 Feelings At the beginning, I was not sure how the nurse was going to be able to draw blood, but the nurse was very quick and confident in finding the solution which made me comfortable. It was the nurse's first time to draw blood out of a finger, and she did it like she had done it several times.	Step 5 Conclusion Reflecting on this incident, I feel like I could have recommended the nurse to use a butterfly needle and syringe to possibly prevent collapsing the vein. However, the nurse was successful at the blood draw and did so without complications.
Step 3 Evaluation Overall, the situation was challenging but with the nurse's critical thinking, quick judgement, and confidence she was able to complete the blood draw.	Step 6 Action Plan From this event, I learned that you must try all available sites even if it isn't the most comfortable for the patient but will benefit the patient. This also showed me the importance of confidence.

Prehospitalresearch.eu – licensed by CC