

## 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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Jennifer King

*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></p> <p>Today around 1430 a nurse asked me to assist with a patient being discharged. The patient needed the iv removed and help getting dressed. The nurse needed to give one last med so I gathered gauze, adhesive remover and wrap and met the nurse in the room. The patient had Parkinson disease and was a total care patient. I washed my hands, set up my supplies and prepared to remove the iv while the nurse stood by. I used an adhesive remover spray to moisten the tape for easier removal. The patient was unable to hold up the arm so I raised the bed to get closer. I carefully peeled each corner of the dressing, reapplying adhesive remover as needed to not damage the patient's delicate skin. I worked slowly until all tape was removed, I then applied a 4x4 gauze to the insertion site and slid the iv out holding pressure to the area. I continued to hold pressure for a few minutes and then wrapped the area with a wrap.</p>	<p><b>Step 4 Analysis</b></p> <p>I think that the guidance from previous instructors, showing us to use a careful technique of removing the iv and holding pressure to decrease the risks of damage to the skin or bleeding were applied and made this task a success.</p>
<p><b>Step 2 Feelings</b></p> <p>Upon entering the patient's room I was feeling nervous as I had never had a patient with Parkinson disease and was not sure what to expect. The patient held their arms close to their body and I was afraid of hurting them as I gently laid the arm down in a better position. I spoke to the patient and explained what I was doing and the patient began to relax which helped me to feel more at ease. Once I began, I remembered that I knew how to do this and was confident in my ability that I had practiced the previous module. After completing the task I felt very happy with myself and was reminded that I am good at my job and that the patient stayed comfortable throughout.</p>	<p><b>Step 5 Conclusion</b></p> <p>I feel that this situation was handled appropriately and was a success.</p>
<p><b>Step 3 Evaluation</b></p> <p>This task was a rather simple skill to perform. Each step is simple and mostly pain free for the patient. The worst part for the patient is removal of the tape. Because I took my time and slowly worked at each side of the dressing, my patient remained relaxed and unbothered. I think I did very well and the patient and nurse were pleased.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think this practice was a success and I plan on implementing these skills in each and every task I perform. I think having patience and using it in each of our daily tasks will ensure the patient's safety and our success as a nurse. I will continue to take my time while maintaining my time management skills.</p>