

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?

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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>Step 1 Description My patient today had a neck brace on due to a recent fall they had on Monday evening which led to being admitted into the hospital. As my nurse and I were going in to administer meds the speech pathologist was in there giving the patient a swallow eval. This particular patient has had a productive cough since arriving to the hospital and informed me during my assessment that this sometimes happens at home while drinking cokes and those sorts of things, however they thought this was just normal for their age. The medication to be given were all PO meds, so my nurse allowed me to administer them but before doing so I had asked the nurse how this patient normally takes them, to which I got the response of I'm not sure I had just administered IV meds the day before. Proceeding on, I administered the medication one by one and the patient proceeded to cough but was able to swallow the pills without difficulty. After administration the speech pathologist had stayed in the room and began brain storm what all we could do for this patient to assist with the persistent coughing after drinking liquids. What this speech pathologist did was add gel based thickener to this patient's water which caused the coughing to quit occurring for them at this time.</p>	<p>Step 4 Analysis I was able to apply the information that was provided just from watching the patient swallow and listening to the speech pathologist talk to previous information I have encountered in the past. Patient's I have taken care of before would sometimes have a swallow eval done, but I had always assumed that this was just for patients with dysphagia. While I was doing my assessment I had noticed the cough and conversated with the patient about it prior to the eval taking place. I assumed that it was a chronic cough that was just present throughout the course of this patient's life. I understood from studying that as we age our muscle strength can begin to deteriorate and I knew that as you get older your pharynx will dilate resulting in some things such as food, pills, and even large drinks of liquid to become stuck in the patient's throat. Where my brain began to get a curve ball was trying to comprehend why a patient's cough after drinking could be present as well as trying to fit the puzzle piece of simply just thickening the liquid for this patient would help assist them overcome this issue further down the road.</p>
<p>Step 2 Feelings In the beginning of this situation I had felt anxious, especially as a nursing student. I am always in conscious mind of making sure that I am being the safest and doing things the correct way when it comes to patient care, especially when giving meds. Administering the wrong med and even just having a patient aspirate while I'm administering them is something I try to always be mindful of. I know that errors are things that are a part of life but if I can take every measure to help prevent them I will. When my nurse had stated that they didn't quite know either how well this patient would handle the pills that I was fixing to administer to them it also spiked my interest in anticipation of if this patient was going to be able to swallow these pills without difficulty. Beforehand my nurse and I had a pill crusher in the room just in case the first administration of the medication went downhill. When the speech pathologist had begun to add the thickener to this water I was greatly intrigued in finding out if just adding thickener to this patient's liquid would actually quit the production of the cough. The overall emotion that I felt during this time was the feeling of a light bulb going off. I was able to make sense of just why adding that thickener to the liquid was a simple yet effective resolution to the issue.</p>	<p>Step 5 Conclusion In conclusion I don't think I could have made this situation better. Overall, my nurse was extremely helpful in making sure I was able to experience some things that hadn't been paid much mind to in previous encounters during my clinical experience while in nursing school. Not only that but I was given the opportunity to take a step back and evaluate what I had previously known and use that knowledge by placing a puzzle piece that was never thought much about before this experience. The family members at the bed side did a great job too of asking questions such as can we use this thickener in cokes because this particular patient enjoyed drinking them. The family also had asked the duration of how long the thickener would stay dispersed throughout the liquid that was to be drank. Not only did my nurse along with the family members at the bed side help in assisting to further my knowledge about coughs and how they can sometimes be cured with thickened liquids but the speech pathologist in the room was phenomenal at interacting with the patient, the family, and making sure I too was included in this learning experience. There is nothing I would have changed about the overall outcome of collaborating care with other team members as well as family at the bed side.</p>
<p>Step 3 Evaluation When the speech pathologist first began evaluating this patient I wasn't quite sure what all a swallow eval consisted of nor did I comprehend why a patient such as mine needed one. I understand that some patients have dysphagia and things of that nature, however I never really paid much mind to understanding the why's of it all. Thankfully the speech pathologist that was dealing with this particular patient was extremely kind and helpful in educating the patient, the patient's family members, as well as myself as a student. The patient's family were very curious about the ins and outs of how this thickener worked within the body, what all it could be mixed with, and the don'ts when using it. I didn't necessarily contribute to this situation hands on, however I too asked questions about the way that thickened liquid allows the coughing to quit occurring for a patient who has been experiencing this for quite some time now. The pathologist was able to give me the reason for using this thickener with this patient in a presentation that was easily understandable for me as a student and the family member's at the bed side. Overall, I was able to put the puzzle pieces of why this patient was experiencing what they were and was able to resolve any confusion I had about what all a swallow eval entailed and how it worked in order to help treat a patient's condition.</p>	<p>Step 6 Action Plan Overall this was a great learning opportunity for me. Unfortunately I am an extreme hands on learner and I love to be able to apply what I know and have learned in lectures as well as my readings to real life scenarios. I am thankful I was given this opportunity to observe and take knowledge from other's around me in order to better myself overall as a student but more importantly as a future nurse. I can use the information given in later experiences down the road in my career to help care for patients who may suffer from this issue too. Not only will this help me in providing care to patients but I feel as if I was able to observe and conclude ways in order to help provide my patients and their family members down the road with ways to treat something as simple as coughing after drinking and helping educate them about this not being a normality for many. This was not only an opportunity for education and applying knowledge but it allowed me to be involved first hand in effectively collaborating with other health care team members to provide an effective outcome for this particular patient.</p>