

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</p> <p>At 1500 today, we had several meds to give to my primary patient. Most of the medicines that we had ordered for our patient were large pills. At the request of the patient and his wife, we were asked to crush the pills because the patient believed it was becoming too hard to swallow the pills. The patient also had a rough cough, so we couldn't just crush the pills and have the patient swallow the crushed pill with water because it would more than likely set off the patients cough. The nurse decided that it would probably be the best for the patient if we crushed the meds and mixed them in some melted ice cream so that it would be a little easier to swallow. Really my only job was to help the patient get the situated so that they could swallow the ice cream and to make sure that the patient took it slow to not get too much at one time.</p>	<p>Step 4 Analysis</p> <p>I knew that we could crush meds to deliver them in a few different ways like just putting it on the tongue and washing it down with water or just have it ordered in a different form. The only future issues that I could see happening is that if the patient returns, they may request every pill to be crushed and put in ice cream even if the patient does not have any issues swallowing, which I do not guess is that big of a deal. After a little research from when I got home from clinicals I found that this is a common technique used and is effective universally. I think that it was very important for me to get to use this practice in the future.</p>
<p>Step 2 Feelings</p> <p>When the nurse I was following today came to that decision, I was a little caught off guard at first. I did not really know it was okay to mix meds with food. I was not against it, but I was a little concerned that we might be doing something that was not alright. I had several questions for the nurse to try and get it straightened out in my head because I was still pretty confused on the process to how it was going to work out. After a question or two the nurse explained to me the process and how it would be the most effective route. I guess the emotion I experienced the most in the process would be "mind-blown" if that is an emotion. I never thought that ice cream would be used to deliver meds</p>	<p>Step 5 Conclusion</p> <p>I do not know if there were any way where we could improve the situation. We delivered the medication efficiently to the patient that benefited them all the way around. I think the most important thing I learned from this experience is that there are other, much simpler, ways to get a patient medication instead of trying to mess with getting another form of medication from the pharmacy which takes time away from doing other things.</p>
<p>Step 3 Evaluation</p> <p>I think the most important part about it was that we successfully got the medication to the patient that was in the best health interest for them. The toughest part of the process was that we could not just give the patient the pills to swallow as intended, but we had to adapt to the situation and get the medication to the patient as efficiently as possible. The process ran smoothly, it only took a few spoons full of ice cream to get the medication finished off. The patient really seemed to enjoy the crushed medication a little more than the rest of the medications.</p>	<p>Step 6 Action Plan</p> <p>I thought this experience was very beneficial to my nursing career. It was important for me to learn that there are many ways to get a patient their medications. I think that we took the most beneficial path to get the patient their meds because if we would have gone the other route, which was to call the pharmacy, it could have potentially taken an hour or more to get the patient their needed meds. Using ice cream to help deliver a medication was pretty eye opening for me. I believe this situation taught me that delivering medications does not always have to be complicated, answers to problems that arise can be solved simply. I think I can apply idea of "work smarter not harder" to just about every other aspect of nursing, I feel like solutions to problems are often simple and overthinking things can sometimes make things worse</p>