



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>

# Covenant School of Nursing Reflective

Student Name: Jamie Mills

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>We had a few scenarios that we went through together as a group. The first scenario I played the role of a mother to the patient, that was 9mo old boy that was diagnosed with Hirschsprung's disease. Two of my classmates played the role of nurses, and 1 classmate was observing the scene play out. The second scenario Chase and I played the role of the nurse assisting in care of a 18mo girl dx with tachypnea and poor feeding, 1 classmate was playing the role as the mother of the pt, and the other classmate was observing the scene play out.</p>	<p><b>Step 4 Analysis</b></p> <p>The first scenario went smoothly. The nurses did a great job taking care of this patient.</p> <p>The second scenario went good as well. We knew patient was irritable and experiencing PVCs but did not completely connect that to hypokalemia.</p>
<p><b>Step 2 Feelings</b></p> <p>During the first scenario, I acted as if that my child laying in the bed. I was worried about how to perform ostomy care. I have 3 boys, so this came easy to me.</p> <p>During the second scenario, I played to role of a nurse. This was very nerve wrecking for me. I got extremely nervous because I knew I was being watched, and I did not want to mess up.</p>	<p><b>Step 5 Conclusion</b></p> <p>In the first scenario, I would not change anything.</p> <p>Connecting the signs and symptoms to the underlying issue assist in complete care of the pt. It is best for the pt if we find out what is truly going on and fix the problem instead of just treating the symptoms.</p>
<p><b>Step 3 Evaluation</b></p> <p>The first scenario played out well. The nurses did great in prioritizing care and administered pain medications promptly. We ran out of time and was not able to complete the ostomy care.</p> <p>The second scenario went well. The pt was experiencing PVCs so we called the physician and gave the pt potassium and was successful in treating the patient.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, both scenarios were a great learning experience. I feel like playing the mom of a patient helped me realize how important it is to take the extra time to educate thoroughly. This will ease the parents concerns, and best for family centered care. The second scenario thought me to use critical thinking and connect the dots to give quality care to patients. This was a great learning experience for me.</p>