

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. personnel / 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>During SIM lab our Simulated scenario was of a patient who had just come out of surgery for their hip fracture. My partner and I had just checked on patient and returned to room when we noticed something was not right with the patient. The patients would had begun to bleed profusely. So much that it soaked through the first patch. My partner and myself where playing the role of the Nurse at the SIM lab. My classmates played the role of other nurse, family and then a person who assisted the professor.</p>	<p>Step 4 Analysis</p> <p>I was able to apply knowledge on what we had learned in past modules about bleeding wounds. Documenting or making a mental note to tell the doctor how much bleeding the patient was experiencing and the SBAR format that this conversation will be in. The patient was experiencing fast heart rate and a drop in blood pressure. These two signs allowed us to know what might be going on with patient. Patients body was reacting to the blood loss.</p>
<p>Step 2 Feelings</p> <p>At the beginning of the scenario of was a little nervous because I was unsure how this would play out. Once we started it was running smooth. I did feel a little anxious about what to do about the bleeding when we figured out what was going on with the patient. I was thinking "I don't know what to do if this really happens". So, I was really happy our professor chose this scenario because I will never forget that we call the charge nurse and then the doctor when an event like this happens. I felt good about the final outcome. I felt like we did what we would have done in real life. The most important feeling I felt during this was fear. I think healthy fear is a good thing for a nurse to have. Because if you are no longer afraid that you may hurt your patient, I think the lack of fear may cause you not to second guess yourself.</p>	<p>Step 5 Conclusion</p> <p>We could have made the situation better by checking the dressing sooner and maybe knowing we needed to call dr and charger. I felt like at one point myself and classmate where not too sure what we should do in this situation. I really enjoyed the live scenario and I think it really helped me learn. I think we should have more of these types of learning situations.</p>
<p>Step 3 Evaluation</p> <p>The good thing about this even was that we assisted patient and was able to get the bleeding under control. The bad thing was that she was bleeding so bad. The easy part was checking in on patient to see if she was doing better. I felt like I played the nurse well, do I think I have areas of learning? Absolutely but I think as a nurse, you're learning never stops. You should always be striving to gain more knowledge in your career. I felt like my classmates and myself contributed well to this scenario.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think the situation went well. We rendered aid to the patient in a timely manner. I think that we can justify helping this patient with the bleeding because if we didn't, she might have been in worse shape than before. I will definitely take this learning experience with me into the future. In the hospital if we ever have a patient that displays these symptoms and is having a wound bleed. I will be prepared and know how to help.</p>