

## 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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*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>          In the simulation lab, I was pretending to be the patient's family member who was post-op left hip fracture. The patient had a dressing that was bleeding profusely. Once the nurses came back into the room to give the patient their medications, I told them the patient was extremely confused and pale. The nurses took off the dressing saturated with blood and replaced it with a new one. Even after the dressing change, the patient was not oriented and was still pale and her vital signs were not within the normal range. They called the charge nurse who came in to evaluate the patient and the charge nurse decided to notify the patient's doctor. The patient was going into shock and the rapid response team was called.</p>	<p><b>Step 4 Analysis</b>          Shock occurs when a patient's organs are not getting enough oxygen. This can lead to permanent damage and that is why it is so important to act on it quickly. All of my colleagues knew how important it was to contact the rapid response team to allow them to take the necessary steps to bring this patient back to their functioning health. I understand time is valuable when a patient goes into shock and why healthcare providers need to act responsively and do everything in their power to help the patient heal.</p>
<p><b>Step 2 Feelings</b>          In the moment, I was terrified since I was playing the patient's daughter. It is always an uneasy feeling when someone you care about is suffering and if you are not a medical professional then it is hard to understand what is going on. As the nurses played their role throughout the situation, they did an excellent job critically thinking about what to do in the moment.</p>	<p><b>Step 5 Conclusion</b>          I learned a lot during this simulation and what to do during a critical time for a patient. The necessary steps taken by contacting the charge nurse and the patient's doctor to let them know what was going on with the patient was the right move. If I was playing the role of the nurse during this simulation, I would have done the same thing to promote the patient's recovery and healing.</p>
<p><b>Step 3 Evaluation</b>          What was good about this event was that the nurses who were playing that role took the situation as it came and dealt with it appropriately. Since I was in the role of the patient's daughter, I continuously asked the nurses questions to be able to understand what was happening in the moment. Once the charge nurse arrived, they told me what was going to occur within minutes.</p>	<p><b>Step 6 Action Plan</b>          Overall, this situation was very helpful as I have not experienced anything like this in the simulation lab before. I can apply what happened in the lab to any future patients who might experience the same thing. If I played the role of the nurse in this situation, I would have done the same thing by calling the charge nurse to look at the patient and then notifying the doctor.</p>