

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</p> <p>During clinicals this week I was given the opportunity to perform wound care on a stage two pressure ulcer on my patients back. This was performed on 3/2/21 and I was assisted by my nurse. My nurse rolled the patient onto her right side and then instructed me on how to perform the wound care and dressing change. I began by removing the old dressing and then cleaning the sight with a sprayable alcohol. I then drenched the gauze in a substance (I cannot remember the name) and packed it into the wound. After that we covered the wound in Metiplex dressings. With the help of my nurse I was able to successfully care and over the wound.</p>	<p>Step 4 Analysis</p> <p>Although we have not gone into depth on wound care, I was able to apply my knowledge of being clean while dealing with wounds as well and my knowledge about pressure ulcers to do the best dressing change and cleaning that I could. The bodies of knowledge in this area range from being clean, changing dressing, cleaning the wound, and ensuring the dressing is not going to come off and will protect the wound. There is always the issue of infection or the progression of the pressure sore that can arise from this event. From talking to nurses and my peers, their experience was very similar to mine except most of my peers did not have to use the solution to pack the wound. This impacted me by showing me that there are many different types and ways to do wound care depending on the severity, location, patient, doctor, and so many other factors.</p>
<p>Step 2 Feelings</p> <p>I was very excited because I had never performed wound care before. I was thinking about taking in as much information as I could so I would know what to do during pressure ulcer wound care. I was surprised at how much easier it was than I thought it was going to be, but I was also feeling very happy that I accomplished it without any hiccups and that the final outcome was a clean and protective dressing over the wound. I think the most important feeling was pride in what I had done.</p>	<p>Step 5 Conclusion</p> <p>The situation would have been better if we were able to do it earlier in the day and not keep the patient waiting for her wound care. This could have been accomplished by the nurse by calling sooner or by pharmacy sending the solution more quickly. I would have made sure that the solution came sooner by calling pharmacy. From this event I have learned how to properly and cleanly change a dressing and pack it with gauze.</p>
<p>Step 3 Evaluation</p> <p>The cleaning, packing, and covering of the wound were all good. The only negative side of this was that we had to wait a long time for the liquid that was going on the gauze because the pharmacy had not sent it up yet. If I could have done anything differently, I would have called pharmacy sooner to send up the solution. I would say that the easiest part was taking off the dressing and the most difficult part was putting the dressing back on because of how sticks it is, especially with gloves on. I would say that the entire process did well and so did I. My nurse did really well at being encouraging and walking me through the entire process.</p>	<p>Step 6 Action Plan</p> <p>Overall, I enjoyed wound care and dressing changes. I was able to draw the conclusion that not all wound care is the same from my peers. Also, I was able to come to the conclusion of how to do that specific type of dressing change from my nurse. The only aspect I would have done differently would have just been to do it sooner in the shift. I will use the lessons learned from this in the future when caring for other wounds. I believe I can apply this new knowledge also to regular dressing changes or other types of wound care. This has taught me how to perform a dressing change cleanly. I will be using this experience for the next time that I do wound care on a patient or when dealing with pressure sores.</p>

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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.

Step 1 Description	Step 4 Analysis
Step 2 Feelings	Step 5 Conclusion
Step 3 Evaluation	Step 6 Action Plan