

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 During both days of Week 3 clinical, I was assigned to the same nurse and patients. One patient in particular was often agitated and noncompliant with the nurse I was following. It continued both days and was a frequent disruption in her day.</p>	<p>Step 4 Analysis Throughout nursing school we are always taught not to take patient behaviors or words towards us in a personal manner. That may be easy to say but it can be much harder to execute. I witnessed a nurse practice this skill while simultaneously perming therapeutic and holistic care. This is often associated with better patient outcomes and healthcare experiences in general.</p>
<p>Step 2 Feelings During the continued interruptions and noncompliance I felt as though that could be very frustrating for the health care team, my nurse especially. It can be upsetting when you are doing everything you can for a patient and they are agitated and at times rude towards yourself or others.</p>	<p>Step 5 Conclusion It was such a positive experience to see how professionally my nurse handled this situation. I really learned the importance of staying calm and putting patient health care first and foremost, even in challenging circumstances.</p>
<p>Step 3 Evaluation Although this was a frequent disruption and hardship for my nurse, she was so calm and patient. She demonstrated professionalism and therapeutic care. She maintained a calm demeanor, reassured the patient and worked tirelessly to provide the best care for him. She address his concerns and agitations repeatedly to reassure the patient and make him feel comfortable.</p>	<p>Step 6 Action Plan I plan to implement and reflect that positive and therapeutic behavior in my future practice. I know it will be challenging or frustrating at times but I truly understand the importance of maintaining professionalism and optimal patient care.</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

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