

## 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></p> <p>This week at sim I was able to take on many roles. The first role I took on was that of a family member, following that of being this patient's nurse. Luckily my peers were there to assist during both times. When I initially took my first role on, I just sat and observed my peers who were taking care of this patient. I was able to verbalize some challenges that we as nursing student's as well as nurse's every day face with patient's family members. The other role that I was able to play was that of my patient's nurse. Thankfully I had the help of one of my peers who was able to challenge me as a classmate in being independent when it came to decision making with patient care.</p>	<p><b>Step 4 Analysis</b></p> <p>I was able to apply many things to this situation from my previous knowledge. Things such as my assessments, and my prior knowledge about the disease processes we were dealing with were very applicable to the situation I was given in sim. There weren't many issues that formulated from the simulation time given this week, the only hiccups I had a student was gaining the independence in regards to performing other tasks that I normally am not in complete control of. Tasks this would include would be setting up the IV pump or making changes to it as this is something the nurse's I have shadowed have already done.</p>
<p><b>Step 2 Feelings</b></p> <p>In the beginning of this activity I felt extremely anxious. I was afraid I wasn't going to be up to par on participating as the family member role. I wanted to be able to do everything right the way I was asked to in order to better my peers in becoming future nurses. When I had the opportunity to play the nurse role I also was challenged with the feelings of being anxious about making sure I remembered to assess everything I needed to in order to effectively care for this patient. Overall I was slightly overwhelmed but felt confident in my knowledge and skills that I have acquired through the course of nursing school.</p>	<p><b>Step 5 Conclusion</b></p> <p>I could have made the situation better by being confident in my knowledge and skills from the start. I understand that I am in an extremely vulnerable position and lives are in the palm of my hands, however I think it is much more beneficial for me as a future nurse especially as a nursing student to become concrete in the abilities I know how to do. My peers were of extreme help and positivity when it came to struggling or maybe becoming stuck at a point where I was unsure of what step to take next. I think my peers and I did a great job at collaborating our ideas together in order to be successful and see things from a different perspective than that of your own.</p>
<p><b>Step 3 Evaluation</b></p> <p>This was a great opportunity for me to gain confidence in my skills, especially my knowledge. I was able to implement assessments that I have learned from past modules as well as ones I have learned throughout this one. Not only was I able to use my assessment skills but my critical thinking skills were able to be challenged throughout this activity. It was a great opportunity for me to be slowly led into the view of just how great the responsibilities of the nurse are but it also gave me the chance to experience those hands on. It was difficult for me to initially take that first step and be confident in the nurse I am becoming, however after a minute of taking a step back and reiterating my mindset to I can do this I was able to successfully accomplish everything I needed to.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall I think this was a great experience for me to gain confidence and overcome the fear of potentially taking charge. I understand this was just a simulation experience however it was comforting to know how I performed was on the right track of what needed and should be done. I can conclude moving forth that teamwork and collaboration are a key component in nursing and you are not always alone. Not only can I conclude that but I was able to conclude that my peers and the people around you in your work experience are there to help you in times of need and confusion. As scary and embarrassing as it may have seemed for me when I was unable to navigate myself in the right direction, taking a step back and reanalyzing what needed to be done was beneficial for me during this time.</p>