

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.

Step 1 Description

A description of the incident, with relevant details. Remember to maintain patient confidentiality. 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

- 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?

Step 4 Analysis

- 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?

Step 2 Feelings

Don't move on to analyzing these yet, simply describe them.

- 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?

Step 5 Conclusion

- 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?

Step 3 Evaluation

- 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?

Step 6 Action Plan

- 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?

Covenant School of Nursing Reflective

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 I am assigned to give medication with the total primary care nurse. In giving medication, I need to be fully prepared by learning about my patient's diagnosis and know the reason for each medication. I also need to do the proper assessment. After administering the medication, I need to monitor for any adverse effects.	Step 4 Analysis I learned that if you fully utilize the system it can prevent medication error and also help with time. The scanner really is a great tool. I am able to scan my patient's wrist band and it verifies the patient. Each nurse has a different way of medication admin, I think it is super beneficial to see and learn different ways that can help.
Step 2 Feelings Over the last few months, I have been learning how to administer medication but now I am really learning more in depth about the system. When I administer medications, I feel excited and nervous. Excited to be learning and practicing the skills I have been taught but nervous making sure I properly scan and save all medications given in the system. With the more experience I get., I will become more confident.	Step 5 Conclusion The next time I am administering medications, I can be more prepared. Since I got to observe medication administration with three different nurses these past couple weeks and got to navigate the system more, I think next time I can focus more on what I am doing.
Step 3 Evaluation I administered medications with supervision of the total primary care nurse. By being able to have this opportunity, I am able to practice the skills I have been taught.	Step 6 Action Plan For the future, I have learned how important time management is. By being more prepared and confident, I can admin medications in an appropriate time with no delay. I also need to research more on the diagnosis and medication of my assigned patient.