

## 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. personnel / 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>Towards the end of my clinical rounds this week, I had a patient who underwent surgery in the cervical region of their spine. After careful monitoring, a nurse practitioner on the floor informed my nurse that the patient was going to have their disc-shaped JP drain discontinued. My nurse felt that this would be a good time to show me how drains are removed, and we gathered the needed supplies. Once we entered the patient's room, my nurse explained that I would be the one removing the drain. My nurse then instructed my step-by-step on how to remove it and the drain was successfully removed with minimal discomfort and pain for the patient.</p>	<p><b>Step 4 Analysis</b></p> <p>This event made me realize that not all nurses are the same. I have previously had issues with nurses becoming upset when I didn't have knowledge of a procedure or wanted to learn how to perform a new skill. This can result in students being hesitant or unsure of providing patient care. Thus, a nurse should have a good relationship with their student and must be willing to teach even when it does not benefit them directly. In fact, an article examining clinical situations states that "the closer the relationship between the student and the workplace [or nurse] the greater the student's opportunities for learning will be." (Levett-Jones et al, 2009) Many students in my module have expressed that hands-on learning and open, accepting communication is the best way for them to learn, and this experience proves that belief.</p> <p><small>Reference: Levett-Jones, T., Lathlean, J., Higgins, I. and McMillan, M., 2009. Staff - student relationships and their impact on nursing students' belongingness and learning. [online] Wiley Online Library. Available at: &lt;<a href="https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1365-2648.2008.04865.x">https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1365-2648.2008.04865.x</a>&gt; [Accessed 3 March 2021].</small></p>
<p><b>Step 2 Feelings</b></p> <p>When the nurse first explained that I would be removing the drain myself, I was extremely nervous and hesitant. I was worried that I may not perform the procedure correctly and possibly hurt the patient. However, I felt reassured and encouraged when my nurse began to explain the procedure. I felt as though it was okay to not fully understand how to do it, which is something I and many other students struggle with worrying about. Overall, I felt very accepted and accomplished when the experience was over.</p>	<p><b>Step 5 Conclusion</b></p> <p>This situation helped me learn about disc-shaped JP drains and provided me with some tips on how to make discontinuing them easier. I feel that my nurse had the appropriate, best-case response to this scenario. I realized that I shouldn't be nervous and not to underestimate what I can do, because it's okay to not know everything and the right nurse will encourage you to learn and increase your skillset.</p>
<p><b>Step 3 Evaluation</b></p> <p>My nurse was incredibly accepting and helpful. They explained the procedure as we did it, in very visual and hands-on a way that I could understand. I was concerned about removing stitches, as this was my first time doing so. However, my nurse explained that it was okay to be nervous but that I could do it and was a great teacher who encouraged me. The patient noticed this and was very calm, which was unexpected because I have previously had patients who are nervous or close-minded about students performing procedures on them. I initially expected to be nervous or to have an issue but was very relieved and was able to do it myself. It went so much better than expected.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, this situation was a very positive, educational, and eye-opening experience. In the future, I can use the information I learned to help provide better patient care and I will also translate this experience into other aspects of care and be more confident in my capabilities. In the future I will be more eager to learn new things. In the past, I have had negative experiences with nurses when I wanted to learn something new. However, this has encouraged me to ask more questions and be more willing to perform procedures in the future</p>