

## 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 Live Binder folder.

<p><b>Step 1 Description</b>          On one of my clinical days, I had the privilege of caring for an 18 month of child diagnosed with Edwards’s symptoms and Trisomy 18. The child was brought into the hospital because of dehydration. Upon assessment, the healthcare teams found out that he was underweight and severely malnourished.</p>	<p><b>Step 4 Analysis</b>          After questioning the parents about the child feeding pattern and home care, I realized that the parents were not appropriately feeding the child. Also, the diagnosis of the child makes feeding difficult. I educated the parents to get a referral from the doctor to see a dietician. I also educated the parents of the child on how to determine dehydration by checking for wet diapers, the lips for dryness and sunken eyes and no tears when crying.</p>
<p><b>Step 2 Feelings</b>          The feelings I had after I assessed the child was that the parent may not have enough knowledge of nutrition and feeding of a child. I felt the parent may be poor and so do not have financial means of purchasing rich foods. I felt the parents of the child needs a lot of counselling and education.</p>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>We continue to feed the child every 3 hours and we taught parents how to feed the child. We continued to assess the child for any other problem that may occur. We also taught parents how to eliminate constipation.</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>We started the child on IV fluids to correct the dehydration and we stated the feeding of neosure every 3 hours. The good thing is that the child tolerated the feedings well. We also did measure the urine output of the child to determine fluid status.</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>What this situation has taught me is to listen to the patient family and educate the family. Not everyone knows how to adequately take care of a child with a medical diagnosis. I will use this knowledge in my practice as a nurse to always educate my patients, my patient’s family and also provide resources when needed.</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.*

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