



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 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"> • 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? 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> • 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. personal / patients / colleagues?
<p>Step 2 Feelings Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> • 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? 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • 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?
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • 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? 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • 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

Student Name:

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>Step 1 Description</p> <p>We were at SIM lab. The people involved were 3 of my classmates along with myself. For the scenario I mainly participated in I was the main nurse and my other classmates were the charge nurse and one was the family member and the last person was the observer.</p>	<p>Step 4 Analysis</p> <p>What I can apply to the situation is that being confident upon entering the room goes along ways. You don't have to know the answer to all the questions, just make sure you know how to get the answer. Keeping myself calm helped my classmate be calm and confident,</p>
<p>Step 2 Feelings</p> <p>In the beginning I was feeling kind of nervous but once I knew what I was doing. Before we started, I knew what I was going for and then once I started, I forgot certain details, but I had more good skills than bad, My classmate that was the charge nurse would help me out when I would get stuck on certain things. We had great teamwork and did a good job taking care of a patient.</p>	<p>Step 5 Conclusion</p> <p>The way I could had made it better is by not letting my nerves get the best of me and have no mistakes. The thing I would have done differently is just be more confident and not forget the small details that are so important. What I learned from this event is that as much as I try to be confident and review what I am going to do, my nerves get the best of me,</p>
<p>Step 3 Evaluation</p> <p>What was good about the event is that we knew what we needed to do and did it. What was bad is that we missed identifying the patient upon entering the room and also asking for allergies. We did ask those questions before administering the medication. What I did well was keeping myself calm and trying not to get nervous when performing the skills.</p>	<p>Step 6 Action Plan</p> <p>What I learned about the overall situation is that it is okay if you do not know all the answers to the questions being asked. Just make sure you find the help to have the answer. What I would do differently is take my time and make sure I cover all the important bases. What this taught me about myself is that I am capable of doing things under pressure and know how to keep my calm in situations that involve a child.</p>