

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>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?

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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>Step 1 Description</p> <p>My reflection for this week is mostly the confidence I had in myself and the education/experiences I had with my preceptors. I was introduced to many procedures, tasks, and medications the week which I did my best to retain. I was also able to play a bigger role when it came to charting and medication administration. I have seen other nurses perform this task but this week I was given more responsibility with the whole process and not just shadowing the staff. I was able to communicate with patients, as I do every rotation but this week, I was able to connect with them in a deeper level since I was the one providing the supervised care.</p>	<p>Step 4 Analysis</p> <p>We as students always as each other what we were exposed to during the shift. Some may have had a slow day and others hectic. Some may have had difficult patients and other loving/respectful patients. I was happy to say that I was exposed to many treatments and tasks which others would have liked to be part of. I give most of the credit to my nurses which I followed who included me in everything they did and felt comfortable enough to have patience when needed. I have seen many personalities and attitudes when it comes to working as a nurse. I believe everyone has good days and better days. This weeks clinical rotation was full of positive moments and negativity was portrayed this week that I observed.</p>
<p>Step 2 Feelings</p> <p>I am confident in my communication skills and have no issue assisting anyone in need. Through the modules, I felt that all I did was help and shadow. I would take everyday as a learning experience but also did not want to obscure the nurses flow of their day or routine. When it comes to nursing tasks such as medication administration, I felt comfortable being able to observe and learn how each nurse operates. I am a believer of the "see one, teach one, do one" mentality. Though, when your task has the ability to potentially hurt the patient, I feel that extra patience may be needed as a supervisor. Luckily, I was granted the patience the past couple of weeks in which I was comfortable performing tasks this week. My nurse allowed me to take the wheel, although I was still supervised, I was never interrupted unless needed and felt as if I was the primary nurse for that patient. I now feel more comfortable with the hands on training.</p>	<p>Step 5 Conclusion</p> <p>What I have learned from this week is to continue to strive for knowledge and just simply ask for help if unclear about anything. It is better to be safe than sorry but it also affects the nurses we shadow. It is their license we work under. I feel that this far along that some tasks should be mastered but in my case, not many opportunities allowed for the practice prior to module 4. Nearly halfway through the program, and finally feeling more confident in more of my abilities and will continue to keep an open mind and add to my experiences.</p>
<p>Step 3 Evaluation</p> <p>I feel grateful that the nurses this week were willing to help if I had questions and continued to allow me to take initiative with the patients care. I understand that we all need to learn how to be a nurse and how to perform safely, and the assistance I was given made it easier for me to learn. I was also introduced to tasks such as giving and hanging blood transfusions, removal of NG tubes and was given the task for priming tubing multiple times. Priming the tubing was taught in module 2 but this week was my first time being able to personally complete the task and with confidence. That was my mentality during the week and it continued to grow as the shift continued but the continuation of medication administration.</p>	<p>Step 6 Action Plan</p> <p>I am always eager to see and be part of new experiences but my action plan is to utilize my opportunities more. I have helped others when in need and downtime is limited but sometimes available. I plan to follow my nurses but reach out to others who are willing to educated and show me something I have not experienced yet if I notice the task is being done. I know everyone is busy and some are not as receptive to students. Though, simply asking to shadow will show my interest and possible open doors to more opportunities and their willingness to teach. I plan on continuing to grow my confidence with nursing tasks and asking for help to limit any insecurities while giving patient care. I feel that I will gain more confidence in those I am following and will be given more opportunities for taking initiative performing tasks.</p>