

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</p> <p>During week 4 of clinical, I helped care for a patient with severely dry and flaking skin on both of her ankles and feet. My nurse and I noticed how severe it had become. We applied some moisturizing lotion to the area. After it was applied my nurse began gently massaging her feet.</p>	<p>Step 4 Analysis</p> <p>Although this may seem like a small gesture on the outside. It paints a bigger picture of a nurse who makes time to go the extra mile for her patients' comfort. She took time to pay attention to detail and provide therapeutic care followed up by an act of kindness and compassion. The patient's reaction was touching to observe. She felt cared for, safe, and respected. Holistic healthcare is associated with better outcomes and her improved mental state and increasing trust in healthcare workers is beneficial no only in that moment but in his future healing.</p>
<p>Step 2 Feelings</p> <p>In seeing her action of massaging and hearing the patient sincerely thank her and tell her how good that felt multiple times, I felt like the small act of kindness and compassion made a large impact.</p>	<p>Step 5 Conclusion</p> <p>I learned that it is so important to be thinking about what extra comfort measures and acts of kindness can be performed in each patient circumstance and making time to implement them.</p>
<p>Step 3 Evaluation</p> <p>It was great to see a nurse take just a few extra minutes of her time to show compassion and go the extra mile for her patient's overall comfort and support. The patient was truly appreciative and saw this as an extra act of kindness outside of the standard of care.</p>	<p>Step 6 Action Plan</p> <p>In my future practice, I plan on implementing acts of kindness outside of caring for medical ailments alone. I want to be the type of nurse who takes extra time to show compassion and holistic care to my patients.</p>

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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

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