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.

Step 1 Description A description of the incident, with relevant details. Remember to maintain patient confidentiality. 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 • 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?	**Step 4 Analysis** • 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'
Step 2 Feelings Don't move on to analyzing these yet, simply describe them. • 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?	**Step 5 Conclusion** • 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?
Step 3 Evaluation • 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?	**Step 6 Action Plan** • 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.

Step 1 Description Today at clinicals when I was giving meds with my instructor to my patient, a doctor came in and immediately started being disrespectful towards us. He was questioning why there were SCDs present in the room when they should not have been ordered. Shortly after, two other women came in and instructed us to get off the computer because they needed it. We were in the middle of giving my patient his medications. The doctor was extremely unprofessional and not polite to us.	Step 4 Analysis Some issues that could arise from this event are the fact that there are some healthcare professionals working in the field who treat people this way. I think it is important for healthcare workers to remember that everyone is working together to reach the common goal of the patient's wellbeing and promote restoration of health.
Step 2 Feelings I was in shock because so many things were happening at once and I have never had a doctor be so rude to me in front of my patient. He belittled me and did not respect what I was doing for the patient. Later after he left the room, I was able to continue with my medication administration. I just did not appreciate the tone of his voice and how he handled the situation.	Step 5 Conclusion I think the situation could have gone better if the physician talked to the healthcare providers outside of the patient's room. It was not appropriate for the patient to be a witness of yelling among the staff at the hospital.
Step 3 Evaluation This event was unprofessional because the patient witnessed everything that had happened. I do not think the doctor should be treating anyone that way let alone in front of the patient. I did expect a different outcome because I was in the room to administer medications with my instructor and was interrupted and kicked out of the room. Therefore, we were late giving the patient his medications.	Step 6 Action Plan What I learned from this event was that there will always be some doctors who are disrespectful and unprofessional to nurses and patients. Utilizing what happened today, I know I will never be unprofessional in front of a patient or at work for that matter. I will treat all health care professionals in the hospital with kindness and respect.

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