

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 <i>eg. personal / patients / colleagues?</i>
<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?

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<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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Serina Duran

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>During hospital clinical, me and my nurse went to give meds to a patient with dementia. The patient was highly lethargic and could not stay awake or be roused even after sternal rub, lights turned on, and head of the bed raised. My nurse then decided to hold the meds for now and call the charge nurse for assistance/ guidance as lethargy can be a symptom of sepsis. We retook the patient's vitals and they returned normal.</p>	<p>Step 4 Analysis</p> <p>While extreme lethargy is a sign/symptom of sepsis, the patient's vitals checked out within normal range. What was really going on with the patient's state was most likely just related to their age/ dementia.</p>
<p>Step 2 Feelings</p> <p>I was feeling confused as to how to handle a patient with dementia when they would not awake or refuse their meds. My nurse was very tactful in calling for assistance and verifying that the patient was in a critical condition such as shock.</p>	<p>Step 5 Conclusion</p> <p>I learned during this event to recognize symptoms of sepsis and the appropriate actions on what to do next by checking vitals and calling the charge nurse for assistance.</p>
<p>Step 3 Evaluation</p> <p>The way the nurse recognized the extreme lethargy as a sign of sepsis was extremely good and she made sure to put patient safety at highest priority. the charge nurse was good by coming into the patient's room immediately after called and taking my nurse's concerns seriously.</p>	<p>Step 6 Action Plan</p> <p>I will use this event in the future when caring for patients with similar lethargy or diagnosis. This event has helped me to realize just how important monitoring vitals is especially when the patient is unable to communicate.</p>

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