

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>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</p> <p>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 On 3/23 I met a very kind patient as well as the family of the patient. I was in the room beginning to do an assessment when the family member asked about me being on a different floor previously which I had. The patient stated that she remembered me and all the really great nursing staff that took care of different family member. She continued to offer praise at the way I took care of her loved one and how compassionate I was towards her and her other family members. She offered lots of encouragement towards my nursing school journey. This person looked familiar but I honestly could not remember her or exactly who their family member was. I expressed how great it was to offer all the praise and how happy I was to have been apart of her medical journey. We may not remember each patient but they will certainly remember each of us.</p>	<p>Step 4 Analysis Performing tasks and providing care for patients usually seems like it is just a job. Good deeds go unnoticed, nurses and staff fall into the monotony of the day to day tasks. However, we play such a huge role in so many peoples lives. The patients perspective was that we were not performing our job title, we were providing a support that is much bigger than anything a medical journal has to offer.</p>
<p>Step 2 Feelings At the beginning of this conversation I felt slightly embarrassed by the fact that I couldn't exactly place them. The further the conversation went the happier I was with the fact that I did my best to go above and beyond for the patient and family. Im glad that I choose to treat each patient with the utmost care and kindness .We are present in many peoples darkest hours and a little bit of kindness goes a huge way.</p>	<p>Step 5 Conclusion I think this was a great situation, I only wish that I could have had a better memory of who their family was and more about the patient. I would have liked to offer more personal touches to the conversation and from here on out I will be more aware of patients names, spouses, family members and general information so that I can recall the next time a patient remembers me.</p>
<p>Step 3 Evaluation This was such a great event. It reaffirms the importance of giving best care every single day of our jobs. Each team member had a role in this persons journey and because we worked as a team, her worst nightmare became a beautiful memory in knowing that her family member was loved, cared for and was able to leave this world with dignity.</p>	<p>Step 6 Action Plan Overall, I think that was a wonderful and encouraging situation. It reassures that the work we do for our patients does not go without being noticed. This even was a reminder to always treat people like family and to always have the patients best interest at heart. We are being watched and being are taking notes.</p>