

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 patient of mine was admitted with severe pain in her lumbar spine. A consult with occupational therapy was ordered. I observed the OT visit and spoke with the therapist after to gain a better understanding of her practice and patient care.</p>	<p>Step 4 Analysis The impact of a good relationship with all disciplines of the healthcare team will ultimately lead to better patient outcomes and efficiency on the floor. Developing a good rapport with this OT gave us the opportunity to work together to best care for the patient and our common goals of promoting safe patient independence.</p>
<p>Step 2 Feelings I was very interested and eager to learn about a frequently utilized interdisciplinary healthcare profession. A fruitful discussion with the OT after her visit with the patient made me feel more knowledgeable and appreciative of the OT profession.</p>	<p>Step 5 Conclusion The event taught me the specifics and benefits of involving OT in patient care both on the floor and at home. In addition, the OT taught me some “red flags” to be on the lookout for while discussing safely performing ADLs with future patients. Ultimately, this knowledge has changed my perception about safer body mechanics and promoting patient independence.</p>
<p>Step 3 Evaluation This event was a great learning opportunity. Up until that point, my knowledge of OT was very limited. I now have a better understanding of OT’s importance and why it is so highly utilized in patient care for better outcomes.</p>	<p>Step 6 Action Plan The knowledge I gained in this event will be implemented throughout my future practice. I better understand another healthcare profession and how their practice benefits patients, not only during their hospital stay, but after they are discharged and return home or to a rehabilitation facility. I plan to assess future patients for the potential need of an OT consult. This is a way I could advocate for my future patients if I notice a deficit in either function or knowledge.</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