



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

Covenant School of Nursing Reflective

Student Name: Meritt McGehee

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>Today in the Simulation lab, we went through two different scenarios. One was a young boy who was postop colostomy, and the mother needed teaching on the colostomy care. The other was a young girl with down syndrome and a heart defect that had too low potassium due to her daily diuretic.</p>	<p>Step 4 Analysis</p> <p>I learned that it was important to look at the situation as a whole. It is important to take the time to look at a patient's lab full lab history, not just the low values on that particular day. It reminds me of a puzzle; you have all these different pieces that you need to put together to find the root of the problem and the best direction to go treatment-wise.</p>
<p>Step 2 Feelings</p> <p>I was extremely nervous going into the IM5 simulation. I jokingly said I had "PTSD" from the last module's simulation. In the last module, we had to do Sim online due to bad weather, and the directions and communication weren't clear, so it resulted in an overall negative experience. Thankfully this go-round was a truly great learning experience. I walked away learning so much in a positive learning environment. It is so important to have teachers that want us to all become great nurses. I appreciated the debrief where we could look at the things we did correctly and the things we could improve on.</p>	<p>Step 5 Conclusion</p> <p>Overall, this was a very valuable learning experience. I realize that we, as nurses, are with the child and parent more than any other person in the healthcare team. It is really important that we take the time to listen to the parents' concerns if they say their child is not acting normal because they know their baby better than anyone. Once we know there is a potential of a problem, we need to dig deeper to find what may be causing this.</p>
<p>Step 3 Evaluation</p> <p>One of the things I learned was how important it is to take the time and look at the whole picture before going into the patient's room. It was important for one of the patients to look at her lab history and realize that her potassium was on a steady track down due to her getting Lasix daily. It is important for the nurse to be able to tie those two things together so she doesn't cause harm to the patient by giving her the Lasix, which would cause her to lose even more potassium.</p>	<p>Step 6 Action Plan</p> <p>I learned a lot in this simulation experience that I want to incorporate into my future nursing practice. One thing is taking the time to look at if the trend of a patient's lab results. If they are getting lower by the day, try to look into their medications and treatment to see if you can find the root of the problem. You don't want to give a medication that can cause the patient's condition to get worse. It is important to know the potential effects of the medication you are giving as well as what medications not to give based on lab results or assessment findings.</p>