



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><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

# Covenant School of Nursing Reflective

Student Name: Ashley Reyna

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

In the scenario I was the mom of patient AJ, with an educational level of high school, I would report my concerns to the nurse. I would tell the nurse that my son was crying and fussing and would not stop crying I was also concerned about the ostomy care that I would have to do at home. I didn't know how to change the ostomy bags and was afraid that I was going to hurt my son. When the nurse and charge nurse explained to me that he was in pain and he need some pain medication I asked them how they knew how to rate his pain since he is an infant, the charge nurse explained to me the FLACC pain scale and told me he was at a pain level of 8. They administered the pain medication and explained to me the questions I had regarding the drowsiness he was having, they told me that it was a normal side effect and they would monitor him for 15 minutes after taking morphine. While waiting the 15 minutes they taught me ostomy care and communicated with me very well.

## Step 4 Analysis

In the past experiences I had in the hospital setting I see that nurses are constantly teaching and answering questions, Now I know that being a parent in the simulation lab, parents don't know a lot about the medical field so we can help and teach them so that they do understand.

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<p><b>Step 2 Feelings</b></p> <p>I was excited to play as a parent in this scenario, this was my first time in SIMS lab to experience the mom role. I really enjoyed it being on the parent side of the scenario.</p>	<p><b>Step 5 Conclusion</b></p> <p>In this situation of playing the role of a parent, I have learned that patient and parent care are both important.</p>
<p><b>Step 3 Evaluation</b></p> <p>It was a bit difficult to play the young mom with minimal education since I knew all the questions, I was asking the nurses. But I had to act like I didn't know and ask a lot of questions, but in real life parents do ask a lot of questions so as nurses we must be ready to response</p>	<p><b>Step 6 Action Plan</b></p> <p>In the future this experience has taught me that patients and family members are going through a lot of stress, we need to make their visit as stress free as possible. Nurses can help by making sure that patients and family members get all the questions answered, and to teach them on what they can do at home to continue care.</p>