

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 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?

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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</p> <p>This weeks reflection is based on the couple experiences with patient's who needed extra attention and patience was the goal with each one. Both patients had a similar need for pain medication. As the student nurse, I was able to administer the medication as well able to teach on the prescription and the importance of the timing when the medication can be given. During the shift, I witnessed the moral and attitude change when medication was given and how upset the patient got when time lapsed to have another dose. It's as if the clock would change their attitude and the simple conversation exchanged earlier changed to discomfort and addictive type feeling of expression.</p>	<p>Step 4 Analysis</p> <p>I have seen many personalities and attitudes when it comes to working as a student nurse. I believe everyone has good days and better days. This weeks clinical rotation was full of positive moments and also times which made me step back and think about how to approach a patient. It is very easy for me to strike up a conversation and also listen to others when spoken to. Though, when all the patient cares for is the next medication dose is to be given, it is easy to feel vulnerable and judgmental. Is the patient only here for pain medications, do the medications really help with the pain and/or does the patient have a addiction problem? You cannot feel what the patient feels, but we as nurses have to assume the pain is real and treat them as such.</p>
<p>Step 2 Feelings</p> <p>I have dealt with and treated patients in pain prior to this week's clinical but this was eye opening. At times, I felt as if I was dealing with multiple patients sharing the same room. Dealing with the multiple personalities when in fact it was the same person just a hour earlier telling their whole life story. As if, we were able to connect and show the mutual compassion. When it came to the next pain medication dose, no conversation was exchanged other than the time constraints and the constant teaching on why the medication was unable to be given. At times, I felt helpless that I could not help the pain at that time.</p>	<p>Step 5 Conclusion</p> <p>What I have learned from this week is to continue to find the good in all patients and to help with all that you can. The requests that are out of reach may involve more patience or even more assistance. I feel I could have been more efficient in teaching diversion techniques to steer the patients mind form the pain. I could have also improved my teaching on helping the patients understand why I was unable to ease their pain at that time due to timing. Even though positioning was limited for both, I could have suggested repositioning sooner that every 2 hours. After all the interventions I could have suggested and performed, nothing would help the patient or I mentally as simply giving the patient their pain medication they claimed they needed to be begin with.</p>
<p>Step 3 Evaluation</p> <p>I feel grateful that the nurses this week were willing to help if I had questions and continued to allow me to take initiative with the patients care. I understand that we all need to learn how to be a nurse and how to perform safely, and the assistance I was given made it easier for me to learn. The patience needed in dealing with this situation cannot be taught. I feel that we as students need to be exposed to the same amount of happy experiences as the ones which test your willingness to continue as a nurse. I was not expecting the reactions these patients exhibited to pain but when given, the happy patient returned as if a light switch was flipped.</p>	<p>Step 6 Action Plan</p> <p>I am always eager to see and be part of new experiences, but my action plan is to utilize my opportunities more. The more knowledge I can gain from similar situations the better my future experience can be handled. One intervention may help someone but may not work in a different situation. I plan on continuing to grow my confidence with nursing tasks and asking for help to limit any insecurities while giving patient care. I feel that I will gain more confidence in those I am following and will be given more opportunities for taking initiative performing tasks. Patience is not something that can be taught, but it can be managed and strengthened. I Everyone wants to have the easy patients but I believe it is the difficult times that make us stronger.</p>