

## 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><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. personnel / 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>

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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><b>Step 1 Description</b>  A particular patient my nurse and I had was having prostate issues, this led to urinary retention. After getting report and gathering a better understanding from the night nurse, my nurse and I were aware that after multiple tries urology would have to be contacted in order to get this patient's catheter inserted. I was able to watch my nurse call urology, order this, and communicate effectively with the urologist unit. After contacting them my nurse and I were in another patient's room getting ready to administer the patient one allergy medication, while in the room my nurse informed that urology was there to insert this catheter into the patient who we were having difficulty with. After standing there for a minute while the doctor was talking to the patient who had scheduled allergy medication at the time we were able to politely tell them we would be back shortly to administer this medication. It worked out because the doctor was in the patient's room doing an assessment and other things of that nature. I was able to observe how to effectively prioritize patient care throughout today at clinical. In this case, it came down to allergy medicine or a patient receiving a catheter to help them void.</p>	<p><b>Step 4 Analysis</b>  I can apply from this situation to my previous knowledge that in order to make things better or improve one's situation you have to be diligent in prioritizing. Today, I was able to apply this directly to patient care and not to that of my own personal life. I have had many instances where I have had to find an 'open' door in attending my energy to something greater than that of what I was initially planning to do. I have to do this in order to make a current situation that holds value to me better. Not only that but I was able to apply my current knowledge of understanding that not everybody gets to have family with them all the time! Overall, I was able to analyze the importance of prioritization especially in nursing care and understand that you are more than just that of a nurse performing skills to provide care day in and day out.</p>
<p><b>Step 2 Feelings</b>  In the beginning I wasn't really thinking like a nurse the way I should have been. Instead I was just following my nurse around and not critically thinking about how I would prioritize these patients on my own. This event had challenged me to think about prioritization in a better way than I have been. I understand that you cannot always just get the opportunity to work around being in the middle of a task like we were and attend to something of greater priority. I was able to also be of much greater assistance to the patient than just an observer. While the patient was receiving the catheter I was able to be there as emotional support. This sweet patient didn't have family in the room with them, so I was able to take on the role of providing comfort and support during this time to them. This was a rewarding feeling for me, especially because there is no greater feeling than knowing I was able to do good for someone else.</p>	<p><b>Step 5 Conclusion</b>  There is nothing that I could have done to make this situation better. I was able to be an active participant in this situation. Initially, I was nothing but that of an observer but after transitioning to the patient's room that was in need of an indwelling catheter. At this time I was able to hold the patient's hand and talk to them to help calm their nerves about having this procedure done to them. I could have been better about effectively thinking in a nurse's state of mind and not of that of my own. There is nothing other than transitioning my train of thought that I could have done to improve or change this situation.</p>
<p><b>Step 3 Evaluation</b>  It was such a good opportunity for me to see the doors that can sometimes present you to have an out to attend to something that is more in need of your time at the moment. Giving the patient's allergy medication was important and we too attended to that task. It was not something that didn't hold value to our day or that patient's care. Although that was important it did not hold that of highest priority at the time. It was also a great opportunity for me to be something other than just an observer with my nurse. I was able to think about my own family members and think about how I would want those around them to react to my loved ones if I were not there to be there for them, especially with all the rules and regulations that have been implemented because of COVID. Overall, this situation didn't just provide me with one thing to take from it. I was challenged to think like a nurse and question how I would prioritize as well as be something greater than that.</p>	<p><b>Step 6 Action Plan</b>  This experience will be of great use to me in the future. I was able to take many valuable lessons away from this today. I knew prioritization was a key component in nursing care. I can not only apply these events to future nursing care but I can apply them to my daily life. This was especially applicable for me as a nursing student. There is nothing I would do to change the situation from today. This has taught me that not everyone is going to prioritize things the same way, I have been able to observe this throughout my experiences in clinical with this module. I was extremely thankful I was given this opportunity to compare and observe the different aspects and train of thoughts of the nurses around me. My nurse today was phenomenal about managing their time but efficiently providing the nursing care despite the many interruptions we were challenged with during our time together on the floor!</p>