

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 to the unit experiencing seizures. After EEG monitoring, it was concluded that the seizures experienced were non-epileptic in form. A deeper look into the medical history and possibilities was conducted.</p>	<p>Step 4 Analysis Previous knowledge of the nature of epileptic and non-epileptic form seizures served me well in this situation. I was able to understand what the monitor technicians in the EMU were looking for in the brain waves. In addition, I was familiar with the mental health background the can often trigger these episodes.</p>
<p>Step 2 Feelings I felt concerned and hopeful for my patient after hearing this news. Non-epileptic form seizures can often be caused by a history of emotion trauma. Although I could not jump to any conclusions, I was concerned about my patient’s mental health. In addition, I was hopeful that eliminating epilepsy could open the door to get the patient psychiatric help if needed.</p>	<p>Step 5 Conclusion I learned the importance of speaking with the patient and family at the bedside to understand their concerns and possibly reveal potential causes of the episodes, or precipitating events that are associated. For example, I discovered the seizures usually occur when the patient is about to go to school, or in the early hours at school.</p>
<p>Step 3 Evaluation During the two days I cared for this patient I made a point to become an active part of her care team. I spoke with her nurse, attending, and residents about her care and their plans for the patient’s discharge. I wanted to understand the course of action and be a part of the follow through.</p>	<p>Step 6 Action Plan In my future practice, I will make it a priority to implement therapeutic communication (active listening and silence) while interacting with my patients and their family members. This therapeutic communication will lead to more trust and is associated with better patient outcomes. In this situation, establishing a good rapport with the patient allowed me to begin to uncover some potential causes and precipitating events of her non-epileptic form seizures.</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