

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. personnel / 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 Yesterday when I was in clinicals at the hospital, I had a patient that had an NG tube. My nurse and I pulled her medications from the pyxis and crushed them using the silent knight machine. I have done this in SIM but never in the clinical setting. We stopped the kangaroo pump in the patient's room and used the syringe to flush with sterile water, administer the medications, and then flush with sterile water again. The patient was able to receive their medications in a safe manner.</p>	<p>Step 4 Analysis What I know from what I have learned is that it is very important to flush with sterile water before, after, and in between administering medications. This will keep medications from interacting with one another and having adverse effects on the patient.</p>
<p>Step 2 Feelings When my nurse told me that our patient had an NG tube, I was nervous to give the medications because I have never done that on a real patient before. She walked me through the steps and then I repeated them back to her. With the help of my nurse, I gave the patient their medications through their NG tube successfully. I was happy with the outcome because the patient received their medications in a safe way and I got to practice a skill I have never done on a real patient.</p>	<p>Step 5 Conclusion Overall, the situation went very well. It was nice to refresh my brain on how to do this since I had only ever done it in SIM. I learned how to correctly and safely administer medications through an NG tube.</p>
<p>Step 3 Evaluation The event went well because I had my nurse right beside me to supervise while I gave the patient their medications. I contributed by verifying the patient and their allergies, scanning all of the medications and verifying them against the eMAR, and administering them through the NG tube. I did not expect a different outcome because we followed the HCP's orders and the 7 rights to medication administration. The nurse was very helpful in explaining what to do step by step to be successful in the administration.</p>	<p>Step 6 Action Plan I would not do anything different next time because my nurse helped me do this the right way. I will use what I learned from doing this in all future patients who need medications administered through an NG tube. I learned that it is important to follow the right steps in using the sterile water to flush before and after giving the medications. This will keep the patient safe and it is standard protocol. I will remember that in all future situations involving a patient and their NG tube.</p>