

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?

Covenant School of Nursing Reflective

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>My preceptorship was in the NICU and I completed 120 hours with my nurse. During that time, I went from helping my nurse in the beginning, to her allowing me to do all the patient care by myself. I had anywhere from two to three patients that I was the total patient care nurse for and did all the charting for them during that time. Overall, I think it went really well. I learned a lot and gained a lot of confidence throughout the process.</p>	<p>Step 4 Analysis</p> <p>I can apply my knowledge learned from previous modules to these events here. This experience enforced how much I learned in school, but also that there is still so much more to learn on the job. Overall, I know that I need to tackle any job with an open mindset and ready to grow from every experience. Learning from my preceptor and the other nurses around me impacted me because it allowed me to draw from each of their nursing styles so that I can grow into the nurse I want to be and continue to become.</p>
<p>Step 2 Feelings</p> <p>At the beginning of my preceptorship, I was nervous because I had only been in the NICU for four hours during module five. I was overwhelmed because there was so much to learn. My preceptor was good at letting me know what I did well and gave me some areas to improve so that I could get better every shift. This was helpful because it allowed me to gain in confidence and work on something every shift so that I knew I was growing. I also spoke to the parents of my patients and was able to do teaching and talk about the care their child was receiving. The input I got from them was really beneficial because it allowed me to see how much I had learned, and my communication skills grew. I think feeling how much more confident I was at the end is my biggest take away, because it shows me how much I learned, and gives me more confidence to enter a job since I know I will learn, just like I did in the NICU.</p>	<p>Step 5 Conclusion</p> <p>I don't think myself or anyone else could have made the situation better in anyway. I think I accomplished a lot and grew throughout my entire preceptorship. I could have tried to do more communicating during rounds with the physicians, and I could have tried more difficult skills like IV starts. However, I expanded my knowledge, learned new skills, improved upon my knowledge of care plans, and gained more communication skills with family members and other nurses.</p>
<p>Step 3 Evaluation</p> <p>This event was good because it allowed me to explore my independence as a nurse. Learning how to care for the patients and documentation skills were easy for me and came quickly. Learning skills specific to the NICU, like blood draws, were more difficult. I think I did well at communicating with family members, but I could have done better at communicating with other members of the healthcare team, like the physicians, nurse practitioners, and respiratory therapists. I think I contributed to the overall care received by the patients really well. I was also able to contribute to the other nurses and help them out with their tasks and care so that nothing got behind.</p>	<p>Step 6 Action Plan</p> <p>I think that this experience was very beneficial. I know that I can excel in any job that I work because I am capable of learning and growing, just like I did in the NICU. I know that I can apply the lessons and confidence that I gained here to any job in the future. I learned a lot about myself, but the main thing that got reinforced for me was how much I love nursing. I loved being there for the patients and family members and caring for them through a difficult time. I hope to always continue learning and becoming a better nurse for my patients.</p>