



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

Student Name: Eva Gibbs

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 During the simulation my partner and I had a patient with tachypnea and trouble eating. The plan of care was to do a cardiovascular and respiratory assessment and give the two meds that were ordered. During the assessment the mother was worried of the arrhythmias and the abnormal heart rate. This alerted us to call the provider prior to administering the medications. The health care provider discontinued the medications ordered a new med which was potassium chloride. The patient's potassium levels were low due to the Lasix and this was causing arrhythmias. The people involved in this simulation were me and 3 other classmates and the professor.</p>	<p>Step 4 Analysis I can apply this situation to my previous knowledge by thinking in a bigger picture. I need to think outside of the box and not only think that going in and doing my plan and ignoring everything else that is happening. I need to listen to the mother about what is happening to her child and how to fix it. If we did not work as a group and listen to the mother, then we would have administered her Lasix and that would have caused her electrolytes to drop even lower and her arrhythmias to worsen as well. My partner did a great job at explaining everything to the mother and calming the mother down. In my opinion our communication skills made this simulation go smoothly.</p>
<p>Step 2 Feelings At the beginning I was feeling very nervous. At the time I was thinking about all of the possible outcomes that could happen and how I will respond to those outcomes. The event definitely kept me on my toes during the entire time and made my brain work. Working with my partner and communicating with her really helped the situation flow. We worked off of each other and helped each other when we needed help. Once we were finished with the simulation the professor told us that we did a very well job. That feeling of success was a grateful feeling. This was an important feeling because we worked together as a team and our communication skills between each other really helped at the end.</p>	<p>Step 5 Conclusion In conclusion, I could have made this situation better if I didn't freeze when the mother was complaining of the arrhythmias. I should have thought about the low potassium affecting the heart rate. My partner did great overall. I learned to look at the situation in a big picture and always trust the mother when she thinks something is wrong with her child.</p>
<p>Step 3 Evaluation The good thing about this event was that we had a good outcome in the end. The bad thing I noticed about myself during the simulation was that I froze when I first went in there. When we were looking over the labs and chart I noticed that her electrolytes were low and I related that to her Lasix. Once I went in there I did not relate the low potassium levels to the arrhythmias she was having. We then came together and realized that we will need to call the health care provider prior to administering any medication. I contributed by doing the assessment and administering the potassium chloride. We both contributed equally and worked as a team to give the adequate care this patient deserved.</p>	<p>Step 6 Action Plan Overall, I think I learned so much with this simulation. I think this will help my nursing skills tremendously. I think next time the only thing I will do differently is not freeze, but overall I think we did an amazing job. Even considering we were nervous we still communicated with each other and succeeded with the patient's goal. I will use this experience to further improve my practice in the future my listening to the mother and making that a priority when I am in the patient's room.</p>