

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?

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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</p> <p>We had a patient come in through the ED with an apparent Xanax/alcohol overdose. We heard over the Vocera, “Cade, can you come to triage to help lift?” And shortly after, “We are going to need a trauma room.” Everyone at the nurse’s station jumped up and started preparing a room, and shortly after they brought back the kid. As they moved him into the bed, each team member did their part getting blood, hooking him up to the machines, and getting every other small detail done so that he could be treated as quickly as possible. It felt very frantic, but organized at the same time.</p>	<p>Step 4 Analysis</p> <p>I think in situations like these, it is important to remember that the person on the gurney is probably really hurting—emotionally and physically. While some people may have misconceptions about drug abuse and addiction, I think it is top priority to treat these patients just as any others. I heard a lot of negative comments about how he just wanted attention and things like that, and it upset me. It is important to set aside our perceptions of certain situations and continue to treat the patient with the best care and with respect.</p>
<p>Step 2 Feelings</p> <p>I was expecting something like a gunshot or stabbing initially, and everyone was saying that they were finally going to get something good. I was excited to see a trauma like that, but I guess it is a good thing that it ended up being much more mild. I felt overwhelmed initially at how much was going on at once, and just tried to stay out of the way and grab things that other people would need. I had some emotions from previous experiences that popped into my head, and kind of put me in a fog for a little bit. Thankfully, the kid was okay and was not trying to hurt himself; he just partied a little too hard.</p>	<p>Step 5 Conclusion</p> <p>This was a great example of the teamwork that I have seen consistently throughout my preceptorship. Everyone worked together for the good of the patient, and the outcome was that he was just fine after many bags of IV fluids. I believe that the nurses did everything that they could in that moment, and as a result, the patient was going to have a full recovery.</p>
<p>Step 3 Evaluation</p> <p>Thinking back on how smoothly everything went, I feel like the nurses could not have done a better job coming together and treating this patient as soon as possible. It was difficult seeing someone so young that high on drugs, but it was a good thing to experience during my preceptorship. I realize that in nursing, some things will hit you a little deeper than others, and this was one of those experiences for me. I feel like overall, it went really well and the patient had the best possible outcome.</p>	<p>Step 6 Action Plan</p> <p>I will remember this situation in my future practice when caring for patients with different views and lifestyles than mine. I will always advocate for my patients despite their circumstance, and I will treat them with dignity and respect. I am thankful for getting to learn from the night shift ED nurses and doctors, it was an incredible experience.</p>