



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><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

# Covenant School of Nursing Reflective

Student Name: Maci Ramirez

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><b>Step 1 Description</b> I attended Silver Star health network for my first day of PMH clinicals. I was excited to go to Silver Star because I was told I would have the opportunity to possibly be able to tag along on a home health visit with a nurse, for some reason I want to eventually become either a hospice or home health nurse, I enjoy taking care of and talking with the elderly. When I arrived to Silver Star the nurse manager explained to me that they were not 100% open and that it was going to be a somewhat boring day, which didn't bother me because I like to pick the nurses brain when there is free time. Around 11:00 I did get to tag along with a RN and go to a home health visit, it was for a elderly couple who just needed a 6-month wellness check. The visit took maybe 6 minutes, both patients were in good health and had no complaints. When we came back to Silver Star, I was also able to attend an IDT meeting which was interesting to sit in on.</p>	<p><b>Step 4 Analysis</b> I know from previous knowledge learned in previous modules that the elderly need social interaction along with physical exercise to maintain their health, the pandemic has impacted the patients at Silver Star by not allowing this. While I was there the IDT were trying to figure out how to open back up and determine which clients needed their services more compared to other clients.</p>
<p><b>Step 2 Feelings</b> Although the day was slow, I had a good learning experience at Silver Star, and it only made me want to maybe pursue home health nursing more in the future. I enjoyed watching the RN do her wellness checks on her patients and enjoyed watching how the nurse communicated with her patients, she was able to joke around with them because she saw them regularly and had formed a relationship. I also thought it was neat to observe the IDT work together to fix issues that each member of the team brought up regarding their patients.</p>	<p><b>Step 5 Conclusion</b> I could not have done anything better to make the situation better, its just one of those things that you have to deal with and make the best of. I enjoyed the nurses and are grateful for them to welcome me in and make me feel comfortable, they also were very encouraging!</p>
<p><b>Step 3 Evaluation</b> Because of the pandemic Silver Star is still not 100% open to the public and its regular patients so I was not able to interact with any patients, that is the only downfall not having patient interaction.</p>	<p><b>Step 6 Action Plan</b> Overall, I enjoyed the time I spent at Silver Star; it may have been somewhat boring, but the nurses made it an enjoyable experience. Hopefully, Silver Star will be able to opsen up soon and get back to assisting their patients and getting them back into their routine, I'm sure the patients need and miss it!</p>