

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</p> <p>So, I had a pt that was in for multiple system issues caused from trauma resulting from a motor vehicle accident. He had been through some many diagnostic tests, exposing he had fractured ribs (left rib) and fractured legs (RLE), and sadly pleural effusion. To avoid aid in his impaired gas exchange, he had a pleural chest tube inserted to help drain all the excess fluid from his lungs. All was well until my pt stated he wanted to simply get into a wheelchair to get out of the room and move around since he had been in the hospital for almost a month. I had answered this call from the lobby when he asked me to bring him a wheelchair.</p>	<p>Step 4 Analysis</p> <p>This miscommunication can and will cause distrust from our pts in the future. It can also lead to pts feeling like we are just lazy or discriminative due to his health condition. Which can also just result in unnecessary legal complications and lawsuits.</p>
<p>Step 2 Feelings</p> <p>I was excited and readily available to help him get out of his room and assist in obtaining a wheelchair for my pt. To begin my intervention, I explained to my RN my pts wishes, to which she questioned due to him having a chest tube. So, we reviewed the PHCP orders where we found he was indeed allowed to wheelchair under supervision, however this was contraindicated by the surgeon. This led to me feeling extremely bad for my pt as me and my RN had already told him he could wheelchair only on the floor, but now we were going to have to go back tell him he was not allowed to wheelchair after all.</p>	<p>Step 5 Conclusion</p> <p>I feel as if I should have been more of a pt advocate and explained to my RN that maybe we could call the surgeon to see if maybe that order of no wheelchair was outdated since the PHCP had told our pt he could indeed wheelchair around the floor only. I learned it is best to avoid setting false expectations to a pt as it may cause more problems in the future.</p>
<p>Step 3 Evaluation</p> <p>This was a bad event in my opinion, as I was not sure if this was caused by bad communication between the PHCP and surgeon, or simply RN best judgement due to him being on a chest tube. Either way, I feel like the pt was let down in the end and created expectations that were not valid given the circumstances.</p>	<p>Step 6 Action Plan</p> <p>Overall, I feel like this was most certainly a negative experience for the pt as evidence by him saying the F word and showing feelings of frustration and confusion from being told multiple things from different people involved centered around his healthcare. This ultimately taught me to use all of my resources before making broad statements in front of the pt.</p>