

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</p> <p>A description of the incident, with relevant details. <u>Remember to 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 <i>eg. personal / patients / colleagues?</i>
<p>Step 2 Feelings</p> <p>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?

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>I was on heart center 5 and had a great two days. I mainly gave meds and did not get to do many skills, but I learned in other ways. The big thing from these two days was getting to give meds and feed through a PEG tube. I was with my nurse and a peer while learning and it made it easier. I was more of a helping hand, but this showed me the importance of teamwork and how not to be afraid to ask for help. My peer was also a helping hand, which helped out a lot. Our nurse that we followed was an excellent educator, especially on how to manage time during a busy day. The result of the clinical days was great, and I enjoyed the experience and knowledge that was shared with me.</p>	<p>Step 4 Analysis</p> <p>I remember from module two to always assess patency and placement for PEG tube feeding and medications. This was great because we did exactly that when working with our patient. There were no issues and my peer actually got to do the PEG tube the second clinical day, which was cool because we kind of had a good idea what to do from the previous day. Our nurse rarely had to jump in and tell us what to do.</p>
<p>Step 2 Feelings</p> <p>I was a little nervous about the PEG tube because I have not had many opportunities to feed or give meds through it. I was thinking I was going to mess it all up. I tend to just try and watch, but I had in my mind that I was going to try my best and take every opportunity to learn. I think the most important emotion was stress because I did not want to do anything that would mess up the patients stay in the hospital. The outcome was great though and I realized that I was so stressed out for nothing. This made me feel happy and brought a sense of encouragement.</p>	<p>Step 5 Conclusion</p> <p>I don't think there could have been anything to make the situation better because we had a great nurse, who was also a great educator. I learned that it is ok to sometimes be nervous, but don't ever doubt your abilities because you know more than you think. This was a great experience, and I am so happy that I had the opportunity to actually work with a PEG tube.</p>
<p>Step 3 Evaluation</p> <p>The event came out good! It was definitely easier than I thought it was going to be. I realized that I knew more than I was believing. It helped actually seeing things and remembering all that I learned in module 2. I was able to flush and make sure the line was patent before giving meds and worked with the feeding pump controls. My peer encouraged me, which was very nice because we are both students. My nurse was great about letting me try and figure out what the next step was through the process, which helped me to critically think.</p>	<p>Step 6 Action Plan</p> <p>I think the overall situation was a great experience for me, my peer, and my nurse. The lessons I learned from this situation were great because I can take my knowledge into the next weeks and use it when working with a PEG tube patient. What this event taught me about professional practice was that to always keep calm especially in front of your patient and take a deep breath. I learned not to get overwhelmed because I am a student, and I am in school to learn and build on my knowledge as I progress through the modules.</p>