

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?

Covenant School of Nursing Reflective

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 able to assist my nurse with taking out a JP tube drain out of a back. It happened mid-day. I was in the patient's room. It was me and my nurse who I followed throughout the day. She was able to walk me through the process of removing the drain from the patients back. At first, I cleaned the patient then I was able to cut the suture. After that we told the patient to take a deep breath and warn him that he might feel some pressure in his back where we were removing the drain. Before I removed the drain my nurse warned me that there will be some blood maybe squirting when we pull it out. When I did pull it out it there was some blood that squirted out. The patient said he didn't feel any patient feel any pain when I removed it.</p>	<p>Step 4 Analysis</p> <p>I did not have much previous knowledge about removal of the drain. I had heard of the drain before but hadn't been very educated on it or the removal of the drain. There is a lot written up on these drains. The broader issues that you can experience with the drains are infection can happen, in can be ripped out damaging tissue, muscles, and even have nerve damage. What sense I can make out of this situation is just making sure your following all precautions throughout the entire removal. The different experience my nurse had was she said that one time she had blood almost squirt in her face that is why she reminded me to wear a face shield just to be safe.</p>
<p>Step 2 Feelings</p> <p>At the beginning I was a little nervous since I had never done it before. The whole time I was thinking "I hope I do not hurt this patient." The event made me feel nervous, but I was excited to try something new that I had never done. My nurse made me feel confident in what I was doing because she was there to walk me through the whole process. Overall, the whole thing made me excited because I love getting to learn new things in nursing. The most important feeling I had was just feeling confident that you have an idea of what you are doing, and then you will do better than you expected. This is the most important feeling because if you go in the patient's room acting not confident and acting like you don't know what you are doing they are going to feel you anxiousness and maybe not want you preforming the removal.</p>	<p>Step 5 Conclusion</p> <p>I feel like I could've made the situation better by explaining more of what the JP drain was to the patient because he didn't even know he had it in. I feel like other people in the situation could've made it better was my patient he seemed to like to talk a lot and I was trying to listen to my nurses' instructions on how to remove the drain. I feel like the only thing I could've done differently is have more control over the tube when I was removing it. If I would've had more control over it I wouldn't have gotten blood on me or the patient's bed I feel like.</p>
<p>Step 3 Evaluation</p> <p>I felt like the best part of this event was learning something new. I didn't feel like there was anything bad about the situation I had a great patient and nurse for my first experience removing a JP tube. I think what made it so easy was having a patient that was calm and relaxed and knew that I was a student who was learning. The only thing that was difficult was towards the end when I was removing the drain, I wasn't sure what to be expecting exactly when I removed it such as how long it was going to be or how much blood to expect. I would say overall the whole thing went well. I feel like I did the whole process well I didn't have trouble removing the suture or the rest of the time. I feel like my nurse did well explaining how to do that. The only thing I expected to be different was how long the drain was. Everything went right and as expected. I contributed by removing the drain and removing the sutures.</p>	<p>Step 6 Action Plan</p> <p>Overall, the situation with the patient and removing the JP tube went very well. The only conclusion I can draw is just to educate the patient, tell them to take a deep breath and explain to them there will be pressure, so they aren't surprised later. Something I would do different this time would be just to have more control of the actual tube when I am removing it by doing that, I feel like there would be less chance of blood to go all over the place. The lessons I learned from this was just stay calm even when things seem like they are going wrong. I feel like I could apply that learning to other events as well just to stay calm when certain events feel stressful. From a professional practice standpoint just by reassuring the patient you know what you are doing. As far as myself I would say just teaching myself that not everything goes exactly as planned but doesn't mean it completely wrong either. I feel like I will use this skill plenty of times in the future.</p>