

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: After lunch I returned to the floor and decided to round on the patients assigned to my nurse. Upon entering the room of an elderly patient, I found the patient sitting in a chair next to the bed and clearly upset. I asked the patient if there was anything I could get for her and if anything was wrong. The patient explained she felt there was fraudulent activity happening at the nurse's station and within the hospital and stated she was being charged for things that did not happen and things she did not receive. Attempted to calm patient down and assured her there was no sort of thing happening and that the nurses, including myself, were there to care for and help her. Patient persisted this activity was going on and she did not know what to do or who to look to for help. Patient went on to explain her husband recently passed away and statement with tears in her eyes "I do not have a husband anymore to tell me what I should do". I comforted patient and let her know I would speak with the nurse to figure out why patient believes this is going on. The nurse and I returned to the room together to comfort the patient.</p>	<p>Step 4 Analysis: Looking back on the situation I wish I would have stopped and sat next to the patient to show her the respect she deserved and let her know she was important to me in that moment. The patient may have been missing her husband and feeling sad as a result, as she continuously brought up his passing in the conversation. The nurse asked a few questions regarding some of the patient's best memories with her husband which seemed to lift the patient's spirits and allow her to laugh a little. I was able to gain the perspective that even though an act may be considered small in the eye of the nurse, it could be seen as a massive act of kindness by the patient.</p>
<p>Step 2 Feelings: At the beginning my feelings were somewhat to dismiss the patient's voiced concern and fear for the simple fact that I knew the patient was confused and that none of the things she was telling me could be true. I did my best to try and calm the patient down and informed her she was mistaken and that is not what is happening. I caught myself thinking how I could be doing so many other things at this moment that I may have considered more important than listening to the actual concerns of the patient. After intentionally sitting down and listening to the patient I realized it did not matter what I knew to be true or untrue as it was clear the emotions and fear of the situation was very real to the patient. I should never think to minimize or dismiss the patient's feelings just because I do not feel it is important but instead make sure the patient is aware that their feelings are valid and acknowledged. I felt disappointed in myself that I did not look at the situation with empathy for my patient as I should have.</p>	<p>Step 5 Conclusion: I could have not initially dismissed patient's feelings and instead asked the patient why she was feeling this way and listened to her explanation. I have learned that much like pain; emotions are subjective and can appear differently in all patients. It is my job to believe the patient when it is expressed that they are feeling a particular emotion or fear towards something whether I believe it has truth behind it or not. It is also my job to try and come up with a solution where the patient feels their concerns have been heard and addressed.</p>
<p>Step 3 Evaluation: I believe this was a beneficial for me to experience as I was able to see how the nurse handled the situation and the empathy and sensitivity she showed the patient during this confused state. The emotions and frustration the patient was experiencing, though stemmed from confusion, felt real to the patient, and needed to be treated that way.</p>	<p>Step 6 Action Plan: Overall, I think the outcome was handled sufficiently and professionally. The patient voiced her concerns and emotions. Patient also voiced the passing of her husband and how she has not gotten over that loss completely yet. Once the patient had the attention of both the nurse and I, I believe she felt like her concerns were taken seriously and she was able to settle down. She ultimately believed the reassurance of the nurse that no such activity is happening within the hospital and the provider and staff care for the patient and would like to see her health improve so she can go home. Patient jokingly replied, "I feel like I've been here for years!". If given the chance I would have went into the situation with a different perspective. This experience was extremely valuable and will improve my overall patient care for the future, witnessing the nurse communicate with the patient in a dignified manner was an incredibly useful teaching moment and gave me ideas and ways to approach a similar situation in the future. This experience has taught me to take advantage of every learning opportunity during my clinical time.</p>