

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>The situation that I have thought about since leaving clinical today was when I helped my nurse instructor take picture of our patients sore on his coccyx. I was going over some patient labs when the nurse asked me if I could help turn the patient so she can take some pictures. I went into the room did proper hand hygiene and then donned my gloves. Went to the bedside of the patient and told him what we were about to do. After explaining, I helped the patient roll over to his side while the nurse could take her pictures so she could go and chart it. The nurse was able to get her pictures and the patient felt more comfortable knowing his wound was healing.</p>	<p>Step 4 Analysis</p> <p>The thing I can apply this to other situations, is that talking to patients and letting them feel comfortable is a priority to be able to get your job done and get them healthy. As well as it will make the patient feel better emotionally and mentally. Because the last thing they want is to feel judged at their most vulnerable state.</p>
<p>Step 2 Feelings</p> <p>The way that I felt was just very helpful. Especially since the nurse could have asked anyone of us who was just at the nurses station. I felt confident in helping since turning a patient isn't really that difficult but do make sure to use proper body mechanics. The most important feeling was that I was able to make the patient not feel ashamed of what was going on. We kept everything professional and did not make him feel like it was something wrong that was happening.</p>	<p>Step 5 Conclusion</p> <p>I don't think I could have made this experience any better. The nurse congratulated me on how well I did. That made me feel very well about myself and that I was able to help her out and not drag her behind. The learning experience for me is that bedside manners are very important and that every nursing student should practice these as much as their skills like IVs and blood draws.</p>
<p>Step 3 Evaluation</p> <p>The whole situation was a positive. Nothing went wrong. It was all done by the books and executed flawlessly. If I could improve something, its probably probably using better body mechanics by elevating the bed higher.</p>	<p>Step 6 Action Plan</p> <p>The action plan is to practice my bedside manner with every patient and just build a rapport with them and get to know them. As well as make sure you don't make it seem like you are judging or laughing at the patient, but are trying to be there for them and to get them better and sent home.</p>