

## 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><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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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><b>Step 1 Description</b></p> <p>For the past two days, I have spent time with my patient and her daughter. The daughter had questions about the rehabilitation process and how things would go for her mother. I did my best to reassure the daughter because as her mother's caregiver, she needs reassurance as well. I made sure that she knew her feelings were not invalid. I let the daughter know that although what her mother is going through is difficult, it is important to remain positive that she will get better and improve. Simply take things day by day.</p>	<p><b>Step 4 Analysis</b></p> <p>I believe the daughter just had a moment of doubt. She has been with her mother at the hospital all day and she sees that her mother is clearly not herself. I just validated that her feelings are important too and although it is difficult now, does not mean that her mother will not get better.</p>
<p><b>Step 2 Feelings</b></p> <p>At the time I was nervous when the mother asked me this question because it was a situation, I had not come across yet. I think I often forget that nursing is more complex than just taking care of the patients. You have to include their family and their feelings in the situation. The family is in need of reassurance at this time also. I was worried about what effect my words could have on the mother. I did not want to offend or trigger her in any way.</p>	<p><b>Step 5 Conclusion</b></p> <p>I do not think there was anything I could have necessarily done better but perhaps suggest that the daughter take a quick break or a walk down stairs. It was obvious that she was frustrated with her mother and having doubt. I learned that you have to take care of the family as well as the patient. Because in the end the daughter will be the one to care for her mother when she is discharged. So her mental health is important for both of their sakes.</p>
<p><b>Step 3 Evaluation</b></p> <p>I think this situation will prepare me for many more situations like this to come. I had to quickly think about what the daughter needed from me during this time. I could tell the daughter was frustrated during this moment and I think she just needed some reassurance.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think overall this situation will better prepare me for what is to come. I think this is only the start of what I will encounter on a day to day basis. I will take how this situation made me feel and what I learned from it moving forward and apply it to future encounters. This has taught me that I am capable of communicating with my patients and their families and I will continue to grow in my communication skills.</p>