

## 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></p> <p>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. personnel / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b></p> <p>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.*

## Step 1 Description

Today (5/5/21) on HC 5 when I got back from lunch, I did a blood draw for the very first time. The nurse I followed today was extremely patient and helpful and guided me every step of the way. The patient that I did the blood draw on was very friendly and encouraged me the entire time. She was a CNA, so I knew that she was very understanding. It was just me, the nurse, and the patient in the room at first but then the patient's doctor walked in as we were preparing to draw her blood. His presence in the room made me even more nervous but thankfully he walked out before I did the stick.

I did a second blood draw immediately after my first one on a different patient. I was even more nervous the second time because the patient was a sweet young girl. It was just me, the nurse, the patient who laid there very still and calm, and her mother who was laying down next to us asleep. It was a lot calmer than I had anticipated it would be. It felt like it was just me and the nurse in the room, who again guided me every step of the way.

## Step 4 Analysis

In Module 2 we were taught that phlebotomy is more about feeling than seeing. I definitely understood that more today. Even though I was hesitant to stick the vein because I couldn't see it, I definitely felt it and knew it was there. I'm not quite sure how to analyze my situation from our literature because my situation was more of a personal/emotional experience for me.

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<p><b>Step 2 Feelings</b></p> <p>When I first met the nurse that I followed today I had no idea what kind of day I would have. She seemed very nice, laid back, funny and easy going. I just didn't know how much she was going to push me out of comfort zone, at first. That was until she told me that she makes her students do everything when they follow her. Didn't sound too bad, until I later found out that we would be doing two blood draws later in the day. I was extremely nervous, because I had never done a blood draw before. Drawing blood has actually been my biggest fear in nursing school. I have never been very fond of needles and I was definitely dreading what the day would bring. I knew that I have needed a nurse to push me to draw blood in order for me to actually do it and I knew that it was a good thing and it would all be ok.</p> <p>After I got done with both blood draws, I got emotional because I was proud of myself. I had conquered my biggest fear in nursing school, and I don't think it could have been done with a better nurse. She gave me a big hug and wrote me a sweet note on the tourniquet to keep.</p>	<p><b>Step 5 Conclusion</b></p> <p>I think today was the best clinical day that I have had in nursing school so far. I'm not sure if it could have gone any better or if I could have done anything better. I personally feel that the experience I shared with my nurse today was definitely something very special. I will always remember her and the day I had with her. Even though I feel like the other student's have been more comfortable with learning skills than I have, I feel like today gave me the confidence that I lacked and needed. The one thing I think I would have done differently is speak up when she was teaching me how you can tell that the veins were rolling, I was confused and didn't understand what she was pointing out at the time.</p>
<p><b>Step 3 Evaluation</b></p> <p>When I did the first stick, I knew I had hit the vein because I could see it but I didn't get a flash of blood. I got a little nervous and the nurse took over. She explained to me that the vein had rolled, and she showed me what to do when that happens. Being my first time, I had no idea how she could tell that the vein had rolled. She ended up just completely taking over and finishing up the process.</p> <p>The second stick went much better. I wasn't able to see the patient's vein's, but I could definitely feel them. I was a little hesitant to stick her because I couldn't see the vein and I wanted to be able to see it. My nurse made a small blue dot where she wanted me to stick. I went exactly where she told me to go and immediately saw a flash.</p>	<p><b>Step 6 Action Plan</b></p> <p>Today was huge for me! I couldn't be happier that I did my first blood draw in the first week of clinicals. I know that I have wasted a lot of clinical time to get the experience that I know I need. I just couldn't bring myself to do it until my nurse pushed me the way she did today. I feel like I can do just about anything the job requires now and plan on jumping in to any more opportunities to draw blood or start IVs that come my way.</p>