

## 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. personnel / 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>          In clinical sim I was playing the nurse role for my patients. I took care of two patients yesterday. They were both admitted for two separate diagnosis. One was in the hospital for a hip fracture and the other was for COPD with pneumonia. The first patient had surgery and was healing in post op. The other was being treated for pneumonia infection as well as trying to help his COPD. They were both compliant during the time I was treating them.</p>	<p><b>Step 4 Analysis</b>          I knew that a patient that was post-op would need to be cared for closely and knew that pain would be a big factor. I put my knowledge of pain into play and had to figure out how to help with this patient at my best ability as possible. I wanted to help the patient with as less pain as possible and reach the goal I was looking to keep the patient's pain low.</p>
<p><b>Step 2 Feelings</b>          At the time I started playing my role as a nurse I was nervous and scared. I did not know what to expect and how to treat my patients. I knew what they had going on but have not had to treat and care for a patient with COPD or post-op surgery. I tried to go in confident but not to confident because I did not know what I was getting myself into. I wanted to make sure I could help my patient and keep them comfortable in my care.</p>	<p><b>Step 5 Conclusion</b>          I feel confident on how I treated the patient. I feel that I asked all the right questions. I do feel that I needed to reinforce the dressing than changing. I figured that out while in debrief especially after a patient who had surgery. I tried to keep the family in the situation so they didn't feel that they were just sitting there watching and not knowing what was going on.</p>
<p><b>Step 3 Evaluation</b>          In simulation I felt that the situation was difficult enough to make me think more and know how to help my patient with better knowledge and hands on training. My self-evaluation is to continue to keep my patient's family in the current situation and continue to ask my patient how they are feeling and keep them comfortable. It was a great eye opener to know what was expected when we treat patient's in the hospital.</p>	<p><b>Step 6 Action Plan</b>          I think the situation kept me on my toes and helped my problem solve and know how to get to know what is going on for my patient. It helped my use my critical thinking skills on how to help my patient and when to call the physician for any problems that may occur. Also giving medications and doing the steps to keep my patient safe and following the rules to help my patient make it.</p>