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.

Step 1 Description A description of the incident, with relevant details. <u>Remember to 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 • 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?	***Step 4 Analysis*** • 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' perspectives?
Step 2 Feelings Don't move on to analyzing these yet, simply describe them. • 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?	***Step 5 Conclusion*** • 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?

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Step 3 Evaluation	*Step 6 Action Plan*
• 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?	• 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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Step 1 Description	Step 4 Analysis
I was assisting my nurse and another student give medications to a patient when I heard someone say, "I need help!" I then walked out into the hallway and saw another student running down the hallway. She stated that a patient was on the floor. I ran back into the patient's room and notified my nurse that a patient was on the floor. We ran down the hallway to the other patient's room and saw him lying on the floor supine with the IV pump next to him. The patient was unresponsive and not breathing meaning that he had coded. The charge nurse arrived and called a code while my nurse started compressions.	I remembered how to do CPR from previous courses that I took prior to attending nursing school. Broader issues will arise from this event regarding the crash cart because it was not stocked properly or had the incorrect items. Communication was also not effective because doctors and nurses became frustrated.

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Step 2 Feelings	Step 5 Conclusion
At the beginning I had a lot of adrenaline running through me and I was just thinking of how I could help the situation. During the code I was shocked. Seeing everyone work together made me feel like a team. I was sad about the situation because the man was on the floor covered in vomit and urine unresponsive and not breathing. They were able to get the patient back, but he was transferred to ICU which made me worried. I was also worried about the patient's nurse because she was in distress.	Doctors and nurses should have communicated more efficiently during the code. I learned that codes are quick and fast paced. Anything can happen to a patient at any second so always be aware and check on the patient frequently. Also advise the patient to use the call light as needed.
Step 3 Evaluation	**Step 6 Action Plan**
The event was fast paced, but didn't go well as far as the crash cart. Everything was unorganized and items from the cart were missing causing the nurses and doctors time lost on reviving the patient. One nurse was asking for a flush so I immediately ran to grab a flush and handed it to her. There were many people going in and out of the room. Communication wasn't very effective.	This situation was overall very eye opening because patients can crash so quickly without any warning sometimes. If I hear any call light or any beeping from a room at all I will immediately check on the patient even if they aren't assigned to me. Patient safety is a big priority in nursing.