

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. personal / 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>Throughout this past week at clinical, I had taken care of a handful of different patients. On Wednesday, I had an older patient that I was taking care of that day. We arrived to clinical and found our nurse for the day, and she got report about this patient from the night shift nurse. The night nurse informed us that his tests came back and that he had cancer on his T11 vertebrae. The patient did not know yet and we could not tell him until his doctor came and talked to him later in the day. Eventually, the doctor came in and talked to him while my nurse and I stood in the room. The patient's wife seemed to have a difficult time coping with the news, while the patient seemed more withdrawn rather than emotional. After the doctor finished speaking with him, we carried on with the rest of our day.</p>	<p>Step 4 Analysis</p> <p>Although this situation was not a particularly positive one, it became a learning experience for me. Not every patient is going to react the same way to difficult news, and not every nurse is going to be comforting for them. My nurse was a great example on how I should conduct myself in this situation. I think that sometimes its better to listen to how your patient is feeling rather than pushing your own opinions on them. I think that the patient was withdrawn from the conversation because he was still trying to process the news. Him and his wife were also probably pretty shocked because the news was so sudden and out of the blue.</p>
<p>Step 2 Feelings</p> <p>When my nurse first told me that he was diagnosed for cancer I was surprised because I did not know that he was being evaluated for cancer. His wife had stated on the previous day that she was "ready to go home soon," so it came as a shock to me that he was not able to be discharged. Being in the room while the patient received the difficult news was a new experience for me. I had never been present when a patient was receiving news about a diagnosis regarding cancer. It was difficult seeing the wife and the patient being told the news, especially because the wife had been excited about being able to go home soon. Throughout the day, they seemed to feel a little bit better. We came and checked on them often and offered them whatever we could.</p>	<p>Step 5 Conclusion</p> <p>When dealing with a situation like this, there is not always something that you can do. If you try to make someone "feel better" you can invalidate their feelings and make them, feel even worse. Telling someone that they have cancer is a delicate situation, so I learned that you must be patient and empathetic while addressing them. I also learned that I should let the patient decide how they want to feel and how they want to proceed with their care.</p>
<p>Step 3 Evaluation</p> <p>Breaking the news to the patient went as I expected. I expected them to be upset and possibly cry. It was difficult to be in a situation where you cannot do much to make them feel better. The doctor did a good job of explaining exactly where the cancer was and the next steps that he needed to take. The doctor and my nurse handled the whole situation well and answered all the questions that the patient had. I contributed by offering the patient anything that would make him feel better as well as the wife.</p>	<p>Step 6 Action Plan</p> <p>Overall, I feel that I am a better student because of this experience. I got to learn about a different side of nursing where the emotional factor plays a bigger role rather than a physical factor. In the future, I can look back on this situation and have a better knowledge of what I should say or do when dealing with a patient facing a difficult diagnosis.</p>