

## 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></p> <p>Not really an incident but today I had a patient who was not able to speak because he has had several cases of TIA's. Due to this the patient was able to just make up some words but they weren't very clear or coherent. So, the nurse and I had to rely on non-verbal ques to try and figure out what the patient was trying to tell us. It was difficult at first, but after spending more time with the patient I could start and figure out what the patient was wanting from us.</p>	<p><b>Step 4 Analysis</b></p> <p>What I can analyze from this experience is that we should get taught at school about non-verbal ques. And effective ways to adapt to a patient who isn't able to speak, can't write or use a picture board to let us know what they want us to help them with.</p>
<p><b>Step 2 Feelings</b></p> <p>My feelings at first were bad. I felt helpless and felt like I wasn't able to help the patient like I wanted. He was very restless and confused and I just wanted to make him comfortable as comfortable one could be in a hospital setting. After a while I was starting to understand his non-verbal ques and s felt more comfortable going into the patient's room and feel like I was doing a good job taking care of the patient and felt good about it.</p>	<p><b>Step 5 Conclusion</b></p> <p>The situation could have been better if family members were in the room. They could have let us know about his habits and things of that nature that way we could have helped him more effectively since the beginning.</p>
<p><b>Step 3 Evaluation</b></p> <p>What was good about this event, is that it gave me a good teaching opportunity. Non-verbal ques are huge when taking care of a patient. They can sometimes tell you more about how the patient is doing more than when the patient tells you verbally. The difficulty part was trying to figure out what he wanted from us. But like I have stated previously after a while I was able to read his non-verbal ques and help him out effectively.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, I was happy I got to take care of this patient today. Not only was he very sweet and kind. But it was a very good learning experience for me and the other nursing student. We can now take our brief experience with this type of patient and apply it to future incidents that can be similar.</p>