

## 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. personal / 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>Today in clinical as the nurse had an order to place a NG tube in a patient with Hiatal Hernia, she asked me if I would like to try placing it into the patient. Do to the fact that I have not yet learned how to place these yet, I told my nurse "No I would like to see it done first". She was understanding of my response, and we continued into the room to start the bedside procedure. As we walked into the room the patient's family was present at the side of the bed and we explained the procedure to the family and the patient. As the nurse started advancing the NG tube into the patient's nostril, the nostril began to bleed and as the nurse began trying the other nostril the patients nasal passage seemed to be very tight or closed off, the nurse tried advancing the NG tube several more times however it would not budge. After alerting the doctor about the complication, the doctor then rushed a procedure for the patient to go to Radiology to have the same procedure done by a doctor through X-Ray. The doctor seemed to have a difficult time advancing the NG tube as well, but while looking on the X-Ray screen, he was able to find an opening. It was a stressful process, but it worked out in Radiology as the doctor was able to suction her stomach out as planned.</p>	<p><b>Step 4 Analysis</b></p> <p>One thing that I could apply to this specific situation is that we have learned what NG tubes do for a patient, as well as how NG tubes are administered in a classroom setting and I knew the method of what was being done for this patient. I knew the risks for not administering this tube and that not proceeding to the next step as quickly as possible could have resulted it dramatic change with the patient.</p>
<p><b>Step 2 Feelings</b></p> <p>This situation reassured me that, if this scenario were to occur again in the future, I will know the correct way to administer an NG tube if necessary, as well as what will be done if I am unable to perform the procedure at the bedside. The nurse played a vital role in my learning experience. She helped walk me through this situation, giving detailed instruction on what I needed to know and do for the procedure. I felt bad for the lady that had the procedure, but I know that what we did for her was best for her and her health. This is a great teaching experience for not only me, but also for patient as well as the family. I had learned about what NG tubes do when administered however I did not know what the process looked like. Overall, I am now confident if I am to do an NG tube on my own that I now have the knowledge to do so.</p>	<p><b>Step 5 Conclusion</b></p> <p>This particular situation was done to the best of the nurse's ability with the patient's condition. However, the nurse could have possibly called in another nurse that had more experience with the bedside procedure or using a different size tubing in order to avoid having additional work done, also to avoid the wait time and risking chance for further complications while waiting for a doctor's order and in Radiology for the procedure.</p>
<p><b>Step 3 Evaluation</b></p> <p>The steps taken to administer the NG tube were simple, but I also learned that this bedside procedure can be difficult with certain patients. The difficulty we dealt with was not something to be too concerned about but overall, it led me to experience even more down in radiology. Due to the fact that physician permission was required for the next step, we called the physician and received orders for this same procedure to be done through X-Ray. This was urgent do to the wait-time could have resulted in the further worsening of the patient as the patient could have resulted in aspiration with the patient. However, the nurse took all precautions and acted very appropriately showing me the correct method of the step-by-step process of what measures needed to be taken.</p>	<p><b>Step 6 Action</b></p> <p>Overall, this was a great learning experience for me do to the fact that I now know the method of doing this procedure and steps for any complications that arise when doing so. I will use this knowledge to better myself on what to do if I am not able to administer an NG tube, such as using differently sizing and checking with additional nurses before calling a physician.</p>

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