

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. personnel / 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: I helped my nurse discharge a patient this afternoon who was transferred from a smaller local hospital with injuries from a motor vehicle accident. The patient's daughter explained she did not think to pack any of the patient's clothes before heading to the hospital. My nurse suggested getting an outfit for the patient from the hospital's good Samaritan closet for the patient to be discharged in. The patient's daughter was extremely appreciative of the kind gesture and expressed that she was so focused on getting to her father after the accident and that she should have known to bring some of his clothes with her. The nurse and I reassured the daughter it was our pleasure to help and reassured the daughter she was doing a great job caring for her father and being active in his recovery.</p>	<p>Step 4 Analysis: Analyzing the situation, it is understandable as to why the daughter did not think to bring any of her father's clothes with her to the hospital. The daughter stated the accident her father was in was severe, an 18-wheeler the patient was driving rolled and crashed off the side of the highway. The patient's clothes were covered in debris and blood and needed to be cut off the patient's body upon arrival to the emergency room. Hearing the details of this makes me wonder how the daughter felt when she received the phone call that her father had been in an accident and the emotions she must have been experiencing on the way wondering what condition she would find her father in. It makes me feel confident that the nurse and I did the right thing of offering and utilizing the resources the hospital provides instead of sending the patient home in a hospital gown.</p>
<p>Step 2 Feelings: When the daughter expressed the patient did not have a change of clothes for discharge, I felt a little perplexed because I have not experienced that situation in my clinical experience yet and I was not sure how to aid the patient. Witnessing the nurse have quick thinking and offering the good Samaritan closet I felt a lot more hopeful regarding the situation and now knowing there is a resource within the hospital to provide needed clothing.</p>	<p>Step 5 Conclusion: I do not feel like the situation could of went any differently as I think the outcome was optimal and the desired outcome in a situation as this. The patient was able to leave in clothes as opposed to a hospital gown and the daughter felt heard and that the needs of her father were important to us. I have learned to utilize the resources the hospital provides for the benefit of my patient.</p>
<p>Step 3 Evaluation: The experience was beneficial in my opinion, and I am glad I was able to be apart of helping the patient and his daughter. Seeing how appreciative the daughter was made me feel like the nurse and I left an impact on the family and showed them their needs were a high priority to us. This experience served as a reminder as to why I am pursuing the career field that I am and how important helping people is to me.</p>	<p>Step 6 Action Plan: This has taught me that not offering the hospital resources can do my patient a disservice. My nurse could have just offered for the patient to go home in the hospital gown he was wearing since it would have been more convenient for the nurse as she wouldn't have to take time out to walk to another unit of the hospital and look through piles of clothes to find something that would fit the patient. The nurse however, decided to take that extra step and utilize her resources to benefit the patient. I plan to take that same initiative with me in the rest of my clinical experience and further into my career and hope to not become the nurse that chooses convenience over patient satisfaction.</p>