

## 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>I was on heart center 5 for the 3<sup>rd</sup> week in a row and I loved it! The nurses are so great and very helpful! I gave a lot of medication and got to feed through a PEG tube as well! The main big thing this week was taking care of a patient who was very hard of hearing. My nurse was very helpful by showing me how to properly talk to the patient. She said it is important to talk in a loud clear voice, but not to make it seem like I was yelling at the patient. She demonstrated the first time we went in and then allowed me to communicate with the patient when I was providing medication for the patient. I would say the result this week was great! As always, I get to learn new ways on how to be an effective nurse from heart center 5!</p>	<p><b>Step 4 Analysis</b></p> <p>I remember talking about communication back in module 1 and I think that really helped me a lot in this situation. Communication is huge in the hospital setting, especially when you are first getting to know a patient. Learning about communication from module 1 really set me up for success because I was able to think and reuse information. I felt better going to talk to the patient by myself especially when I was getting his vitals and blood sugars.</p>
<p><b>Step 2 Feelings</b></p> <p>I was not really that nervous to talk to the patient because I have had similar situations to where I had to talk to a peer who is hard of hearing. I never really did think about how it could sometimes look like you were yelling from the patient's perspective. I was eager to learn though because I know I am going to interact with all kinds of patients, and I want them to feel that I am a nurse who cares about them. I think the most important emotion was confidence because after I saw my nurse do it the first time, I felt like I was ready to talk to the patient on my own. The outcome was great! The patient was able to hear me clearly when I gave him his medication and helped him with his meals. This was a real confidence booster for me this week!</p>	<p><b>Step 5 Conclusion</b></p> <p>I don't think the outcome of this week could have been any better! I had a great nurse, who was also a great educator. I learned that it is ok to ask questions even if it's as simple as asking how to properly communicate with patients. There are really no wrong questions because every day is a new learning experience. As a student nurse, I am open to learning all kinds of things that will help me to become a better nurse when I graduate.</p>
<p><b>Step 3 Evaluation</b></p> <p>The event came out great! It was definitely a good learning experience and I appreciated the opportunity. I think the patient knew I was trying to make him feel as if he was in a safe and caring environment. He had a very happy attitude and was very friendly with his responses. My nurse even told me I did a good job, which made me feel great! This statement from my nurse was encouraging and didn't make me feel as if I was doing things incorrectly.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think the overall situation was a great learning experience for me. I can take this information and use it in the upcoming weeks, and it will be even better if I care for another patient who also has a hearing impairment. As always, this taught me about professional practice. This also reminded me that I am in school to learn and to never be afraid to ask questions. Chances are the nurses love teaching students and for that I am forever grateful.</p>