

# 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>During clinical a patient's bed alarm began to go off, and when me and another student entered the patient's room they were up out of bed and in the restroom. We immediately thought it was an emergency and they might need help, but upon asking the patient they responded that "they do not need the bed alarm and are perfectly capable of moving around on their own". After a discussion with the patient regarding the importance of the alarm, they agreed to remain in bed and call for assistance when getting up.</p>	<p><b>Step 4 Analysis</b></p> <p>Although the patient had their own opinion regarding their bed alarm, they were compliant after a little education. I think it is important to recognize the patient's feelings in this situation due to the fact they might feel trapped or out of the loop. It is crucial to consider your patients input and feelings in regard to their own care which could create a more successful outcome in the end.</p>
<p><b>Step 2 Feelings</b></p> <p>My initial feelings during the situation was worried, because I thought the patient had fallen or it was a bathroom emergency until I was able to check on the patient and realize they were okay. My feelings then turned into concern when the patient stated how frustrated they were to have a bed alarm, when they feel as if it is unnecessary. It was very relieving that the patient was understanding of the reasoning behind their bed alarm.</p>	<p><b>Step 5 Conclusion</b></p> <p>Overall, this experience was a great learning opportunity. It is important to realize as a nurse that patients do not automatically understand the reasoning behind bed alarms, and it is our jobs to educate them on the benefits and risks of not being compliant. Patient safety comes first and foremost, and begins with the actions of the nurse.</p>
<p><b>Step 3 Evaluation</b></p> <p>I think I did a great job at explaining to the patient that the alarm is for their own safety, and not to hold them hostage. I initially thought they would become defensive and argue regarding its use, but instead they were very understanding. I believe teaching them rather than telling them was key in this situation.</p>	<p><b>Step 6 Action Plan</b></p> <p>I will definitely be using this experience to reflect on in the future due to the fact that bed alarms are extremely common, as well as patients who prefer to be independent. In the future I will be sure to explain the reasoning for the use of the bed alarm first and foremost so the patient might be more willing to comply once they understand it is for safety. I will also be sure to check on them more frequently since they are unable to get up and perform activities or even use the restroom/shower alone.</p>

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