

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. personal / 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 The nurse and I had a patient who was experience extreme pain. He complained of muscle spasms in his legs stating the pain was at 1000 on a scale of one to 10. The nurse and I were the only ones in the room, and I was giving medication to the patient. The patient was already on various pain meds that had only given the patient mild pain relief. The nurse acted as a patient advocate and called the physician to see if there was any way to help the patients pain further. The result was the physician ordered another oral pain med to be given to the patient.</p>	<p>Step 4 Analysis I can apply teaching about acting as the patients advocate to this situation. If you ever believe that something could improve the care of a patient, then call the physician and ask. Pain management is important for this situation. The broader issue of the disconnect between physician and patient arise from this situation. The nurse is there to bridge that gap. The situation makes sense. The patient was truly going through a lot of pain. No matter how tough the patient is they could experience extreme pain like anyone else.</p>
<p>Step 2 Feelings At the beginning of the situation, I felt sympathy for the patient. I was thinking this tough police officer is experiencing pain so bad that even he cannot handle it. As the situation continued, I felt more and more sympathy for the patient as he told me about the trials he has faced in his life. I was satisfied with the outcome as the patient could possibly receive better pain relief from the new medication that was ordered. I believe the most important emotion I experienced was the feeling of sympathy. This emotion drives me as a nurse to be the best patient advocate possible.</p>	<p>Step 5 Conclusion I could have made the situation better by possibly checking with the pharmacy periodically about the medication. Others could have also done the same. I could have played a more active role. I learned about being a patient advocate.</p>
<p>Step 3 Evaluation The good part of this situation was that the patient got more pain medication. The bad is the fact that the patient was struggling so much with the pain. It was easy to administer the medication. It was hard to watch the patient in pain. The plan to get the patient new medication went well. I administered the medication well and the nurse acted as a good patient advocate. I contributed by helping any way I could. It was unexpected when the medication took so long to arrive.</p>	<p>Step 6 Action Plan Overall, I think the situation ended well. The patient received more pain medication to help alleviate his pain. Next time I could call the pharmacy to check on where the medication is. I can use the lessons learned to be a better patient advocate. This has taught me that a big aspect of practice is bridging the gap between patient and physician. This will further my practice by making me a better patient advocate.</p>