

## 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 (**SIMULATION**)</b>          Prior to going into simulation lab this week, we were given the case study patient to do research on to prepare for the scenario in the lab. The patient I drew was a post-op ORIF for a hip fracture on an elder. I researched my medications and pathology for the patient's diagnosis to know how to care for them as the nurse. Fast forward, we are in the simulation in pairs and after doing our initial assessments, we leave to grab medications to administer, come back and the patient begins complaining about being cold. We quickly reassess the patient and find out that there are bleeding from their surgical site. We apply pressure to the wound and call the doctor for further instructions. The doctor orders a bolus of lactated ringer and for a dressing change. I changed the dressing, while my partner begins the preparation to administer the IV bolus. I changed the dressing fairly quickly, and continued to hold pressure before my partner had finished administering the IV. My partner accidentally administered the antibiotic IVPB, instead of just changing the IV pump rate. I noticed at the very last second and mentioned it out loud, but by that time the simulation ended.</p>	<p><b>Step 4 Analysis</b>          I think my partner most likely experienced some of the same things I felt. We both were surprised with how the scenario ended up presenting itself, and also the end result was very disheartening in a sense that the patient was not cared for correctly. Something broader that could arise from this event is not being able to find the problem. For example, prior to going to pull medications, we did our assessments, once we came back the patient was suddenly unstable. We could have easily not noticed the changes r ignored the patient's complaints, that would have led to neglect, and eventually harm or death.</p>
<p><b>Step 2 Feelings</b>          At the beginning of the scenario, I felt confident after receiving report because I did not expect for anything to go wrong. When the unexpected bleeding occurred, I felt a bit panicked. I still knew what I needed to do and what I wanted to do, but I felt a little overpowered by my partner because I saw that she was very confident with her actions, so I let her take control. At the end of the scenario, I was disappointed in myself for not speaking up louder and stopping my partner from doing the wrong thing. I could have prevented harm to the patient if I had just spoken up.</p>	<p><b>Step 5 Conclusion</b>          From this event, I learned to never doubt my own abilities and to make sure to speak up. Doing that will ensure correct care to the patient, and advocacy to their health.</p>
<p><b>Step 3 Evaluation</b>          This event could have gone a lot better, but given it was the first time I, personally, had ever experienced/participated in something like this, it was not that bad. The most difficult part for me was figuring out my position in this. I felt like I stepped back as soon as I saw someone else take over because I doubted my knowledge and capabilities.</p>	<p><b>Step 6 Action Plan</b>          Overall, this event that occurred in the simulation lab was a positive learning experience. I did a lot of things and messed up a lot of things that I will forever hold onto because if that was how I responded to a patient in the hospital, it would have been very bad for them. Now I know to always double check IV pumps, and to take a step back in times of distress to assess the situation before acting abruptly.</p>