Covenant School of Nursing Reflective Practice

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.

Step 1 Description A description of the incident, with relevant details. Remember to maintain patient confidentiality. 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 • 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?	**Step 4 Analysis** • 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' perspectives?
Step 2 Feelings Don't move on to analyzing these yet, simply describe them. • 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?	**Step 5 Conclusion** • 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?
Step 3 Evaluation • 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?	**Step 6 Action Plan** • 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.

Step 1 Description	Step 4 Analysis
My patient I had today was super cool and enjoyable. It really was a good experience for me on bathing him. I find myself sometimes hesitant to bathe patient but for me this time I was able to experience giving him an actual bed bath were I was able to actually scrub him down with the wet rags with soap and water. For some people we usually do the quick easy body wipes, which I find not so appealing. I personally wouldn't like the residue, and the feeling of actually not being clean. I think soap and water is actually the best way to clean your patient. What really inspired me today and really proved to myself that I can do this was when the patient stated to me, " I really appreciate how you respect me when cleaning me up, but telling me prior to cleaning what you are doing especially in the private area as well as keeping me covered."	What I take away is trusting myself in the skills I have learned as well still learning. Also knowing that I'm able to make my patient feel like they can trust me, and that I know what I'm doing in so early in the game. I still have a lot to learn which is exciting, and I enjoy that about becoming a nurse.
Step 2 Feelings	**Step 5 Conclusion**
That really helped me because I'm usually a nervous wreck when it comes to those situations. I'm still not quite use to that just because of wanting to respect patients privacy, but also knowing its best for the patient to be cleaned and taken care of. Today was good because I was able to help thoroughly and as well take over a bit.	I think the situation was handled well actually for my patient who had drains come from every part of his abdomen along with his size. He was not as easy of a patient to turn and rotate, but we did the best we can.
Step 3 Evaluation	**Step 6 Action Plan**
Overall I felt I did really well. I need to learn to be more confident in my skills. It just takes time especially when you are in the process of taking on new role and career. I felt really good when the patient made that comment, especially in front of the nurse and aid because at times we forget the small things that go a long way.	The situation went really well. I left knowing I can do a bed bath again and without feeling so nervous as well knowing my patient can be comfortable with me. Once again just really needed that reassurance, especially if it's the little things. I just want to be known as that nurse who is good and is able to do his own stuff and if he ask for help its because he actually needs it.

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