

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</p> <p>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</p> <p>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?

Covenant School of Nursing Reflective

<p>Step 1 Description On Wednesday, 5/19/21, my nurse, another student, and I went into a patient room to empty a colostomy bag and discontinue a foley catheter. We entered the patient room, and the nurse grabbed the necessary supplies to drain the colostomy bag first. When the nurse started opening the very full bag to drain it, it started draining on the patient and the bed because it was coming off the abdomen. The nurse put the bag in place and the patient held it there so the nurse could clean what spilled out with a towel. Next, the nurse temporarily fixed the bag on the abdomen with tape and then showed me and the other student how the bag is supposed to be drained. Then, it was time to discontinue the foley catheter. After applying gloves and opening the ten milliliter syringes, the nurse gave me the opportunity to remove the catheter. I attached one of the syringes to drain the balloon and immediately the syringe started filling up. I looked to see if ten milliliters of the sterile water filled the syringe and the nurse then instructed me to attach the other syringe to see if any more sterile water would fill the syringe. After all the water was removed from the balloon, I placed a towel on the bed and then the nurse instructed me to pull the catheter out. The catheter was intact and then I disposed of it into the trashcan.</p>	<p>Step 4 Analysis I can apply my knowledge of how to remove a catheter in this event. In the process of removing the catheter, I was able to make a connection between what I was doing and what I was taught back in module two. When I learned about removing the sterile water from the balloon, I learned that it is important to fully remove all the sterile water, so the catheter is no longer held in place by the balloon and to prevent urethral trauma when pulling the catheter out. I learned and applied this knowledge to use two syringes to pull all sterile water out in case more than ten milliliters of sterile water was added to the balloon. I also made sure to pull the catheter out slow enough in case resistance was met just like I was taught. After removal, I ensured the catheter was intact and not damaged just like I learned.</p>
<p>Step 2 Feelings When we first entered the patient room, I was not fully sure what to expect with the colostomy bag since I had never been up close and cared for one in the hospital setting. Although I was nervous, I was also very interested in learning how to care for one. When the bag started spilling and when I realized it was because it was coming off, I was afraid it was going to be a problem because we did not have the supplies needed for another one. I was also very surprised with how the patient's skin was stained after the contents of the bag had spilled and the skin was cleaned with a towel. When it came time for the catheter removal, I was nervous at first because I started panicking and doubting my knowledge of catheter removal. That feeling changed when my nurse gave clear instruction and walked me through each step. I ended up not being as nervous as I expected to be because my nurse was very helpful. Right before I pulled the catheter out, I got a little more nervous because I did not want it to hurt the patient. When I removed the catheter, I felt happy and excited that I removed it successfully!</p>	<p>Step 5 Conclusion There are a few things I could have done differently and made the situation better. I could have had a better understanding of colostomy bags and how to care for them. Before going into the patient room, I also could have asked my nurse questions about the colostomy bag regarding what kind of care it requires. The nurse, the other nursing student, and I could have all made the situation better by having more supplies like towels, tape and wipes stocked in the room for events like this. From this event I learned I need to learn more about colostomy bags and how to care for them. I learned that the contents of a colostomy bag are waterier than I thought. I also learned I do not need to be nervous when removing a catheter because it happens quick and should happen without problems.</p>
<p>Step 3 Evaluation One good thing about the colostomy bag is that the nurse was able to find a temporary solution to hold it in place until the right supplies were available to change it. A good thing about the catheter is that I was able to remove it without any problems. One bad thing about the colostomy bag is that the contents spilled on the patient. Although it was not the most difficult thing ever, it was kind of difficult to get the tape and towels to clean up the patient quickly due to the supplies not being in the room. The other student did well by helping retrieve supplies and the nurse did well thinking of a temporary solution for the colostomy bag and guiding me through the catheter removal. I did not expect for the colostomy bag to start coming off because we went in there expecting to drain it. I contributed by getting some towels to help clean the patient, emptying the drained contents of the bag, and removing the catheter.</p>	<p>Step 6 Action Plan Overall, this event was a great learning experience, and it gave me the opportunity to practice the skills I have learned. Looking back at the event, I could have been more efficient with our time in the patient room by cleaning up the patient while the nurse worked on getting the colostomy bag back in its place. For future nursing care, I now understand and have learned how to drain a colostomy bag so now I can do so with future patients. I can also use the confidence I gained in removing catheters from future patients. This event has taught me that nursing can be messy if we are not careful handling stool. I will use this event to further improve my future practices by making sure I understand the care needed for the different devices (like the colostomy bag) patients have.</p>

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.

Covenant School of Nursing Reflective