

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 When I was checking on a patient who had used the call light, I was asked to help him walk up and down the hall. I was the only one in the room. I helped him ambulate up and down the hall while holding his gait belt. We talked about fishing and lake houses while we walked. He had been a bit sad and tired all morning. However, after the walk he was in a much better mood and more energized the rest of the day.</p>	<p>Step 4 Analysis I applied the knowledge of patient safety when ambulating a patient who is a fall risk. In the literature it says to assist them to the ground if they begin to fall. Broader issues can arise if the patient is not protected and falls leading to injury. I believe the patient just wanted to walk to get some movement and feel more free and not couped up in his room. It is important to understand the patient is needing help to walk and that can take a toll psychologically.</p>
<p>Step 2 Feelings I felt happy I could do something to help the patient independently. I also never get to have a real conversation with my patients, so I enjoyed the chance to get to know my patient. It made me feel proud to do patient care on my own and happy to be able to connect with a patient. I felt good about the outcome. The most important feeling I had with this situation was the confidence I gained. This is the most important because confidence will help me in providing the best care possible.</p>	<p>Step 5 Conclusion I could have made the situation better by opening his blinds after we got back to his room allowing some natural light. Others couldn't have done much to improve the situation. I could have opened the blinds. I have learned that the smallest things such as walking up and down the hall can improve the patients day.</p>
<p>Step 3 Evaluation It was good to get the patient up and moving outside of his room. I cannot think of a part that was bad from the situation. It was easy to talk to such a personable patient. The ambulation went well, and I felt I did well with the situation. My nurse did well by allowing me to do it by myself. I expected he might have a seizure when we were walking as he had psychogenic seizures that were exacerbated by tasks. I contributed by helping the patient ambulate.</p>	<p>Step 6 Action Plan I think the situation was positive overall. I conclude that the walk up and down the hall helped improve the patients mood as he was more energetic and happier after the walk. Next time I could open the blinds to improve his rooms environment. I can use the confidence I gained from this situation to improve my nursing practice. I can also use the lesson that small things can make or break the relationship with your patients. In the future I will do all that I can to improve the patients experience.</p>