

## 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:</b> I was able to practice a skill I had not yet experienced, emptying a colostomy bag for my patient being discharged to a skilled nursing facility later that afternoon. My patient was an elderly gentleman who has had the colostomy for several years now and was very knowledgeable on how to care for it and perform daily maintenance on it. He was able to participate in the narrative of the skill which I thought was unique and very helpful as he provided effective tips to ensure no spills or contamination on the outside of the beg. It was a skill I was not prepared or expecting to practice while on this floor or during this module.</p>	<p><b>Step 4 Analysis:</b> A colostomy can be needed to correct problems with the digestive tract with varying colostomies and reasonings for each. It is vital to keep the stoma and surrounding area clean at all times to prevent infection. It was really interesting to be able to preform this skill as I learned about the need for a colostomy last module. It solidified the information I learned in my mind and now I can feel a lot more confident on the next patient I encounter with a colostomy.</p>
<p><b>Step 2 Feelings:</b> I was feeling nervous when my nurse let me know we would be providing colostomy maintenance on this patient. I felt myself start to tell my nurse I was not comfortable doing the skill. My nurse was really reassuring and provided a safe, calm environment for me to preform the emptying of the colostomy. My patient was also understanding and supportive of me preforming this skill. He was able to make the situation feel light by joking around and giving some helpful tips on how he performs the skill at home and feedback. By the end of it I felt really relieved I was able to preform that skill and it made me feel a lot more confident on what needs to be done and the steps to ensure it is done correctly for my next colostomy bag change.</p>	<p><b>Step 5 Conclusion:</b> Overall, the experience was desirable. The patient did not have another colostomy bag to change the old one out with and the nurse informed me there were none of the unit to give the patient. I wish we could of discharged him with a fresh bag but I did my best to wash out the residue of his existing bag to last him until his arrival to the skilled nursing facility. My patient was the best part of this experience because of his attitude and grace he showed me. I was very grateful for that!</p>
<p><b>Step 3 Evaluation:</b> The experience was a very positive experience, there is not much I can state that went badly. I had a great nurse to be patient with me and an even better patient who showed me grace and actively participated in making me feel more confident about the skill. I believe I did well, I did not get anything on myself, my nurse and most importantly my patient. I took the proper precautions to not contaminate the bag and properly disposed of the contents within the bag as well. I also believe I did well maintain the patient's dignity and privacy by closing the door prior to the start of maintenance. I left the room feeling confident and happy I was able to complete a skill I had not yet been able to do.</p>	<p><b>Step 6 Action Plan:</b> I cannot say I would have done anything differently during this experience because I feel like it has built my confidence and knowledge that I can use for my next experience with a colostomy and bag maintenance. I will take the tips both my patient and nurse gave to me to help benefit my patients in the future! Even though it is not the most glamorous part of the job, I left his room feeling like I climbed a big hurdle in my learning experience.</p>