

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</p> <p>During clinicals my classmates and I were called to assist in a man who was incontinent of his bowel and had diarrhea in his bed. The patient was bed bound and obese and required several people to assist in moving/cleaning him up. While my classmates and I were cleaning quickly the patient kept apologizing repeatedly. The patient was very appreciative of our help in the end.</p>	<p>Step 4 Analysis</p> <p>The impact of different perspectives in this situation was very critical to keep in mind throughout the process. While us healthcare workers are mostly used to cleaning up bodily fluids/messes, the patients are not used to it. We have to consider their feelings of embarrassment, guilt, or shame to be sure to comfort them as much as possible. While some people consider them "just a patient", we as nurses need to remember they are people with real feelings and real morals. These situations can be shocking for all parties, but the patient's dignity and comfort always come first.</p>
<p>Step 2 Feelings</p> <p>My initial feelings of this situation were slightly panicked. I had never cleaned up an incontinent patient before, especially one who required this level of assistance when it came to changing positions in bed. I was unsure where to even start but decided to just start cleaning wherever I saw poop. This certainly made me feel a tad nauseas, but I quickly overcame that feeling while the patient kept apologizing. I felt very sympathetic towards the patient as they can't control this situation and are clearly embarrassed.</p>	<p>Step 5 Conclusion</p> <p>Overall, I learned to stop and take a moment to consider the patients view of the situation before handling things like this which could lead to some embarrassment. That way I can make them as comfortable as possible and become their advocate with their feelings in consideration. In the future, I would have had more to say to comfort them or distract them in the moment rather than only focusing on cleaning up the mess.</p>
<p>Step 3 Evaluation</p> <p>I was extremely thankful for my fellow classmates, the nurse aid, and the nurse as we all made an effort to get the patient clean and positioned as a team. I was not expecting much help in this situation due to the given circumstances, but it was great to see everyone put the patient's well-being first and work together. There was some concern about skin breakdown as the patient had multiple episodes of bowel incontinence, so we were sure to protect his skin with a barrier cream. This was a crucial intervention for preventing breakdown or infection.</p>	<p>Step 6 Action Plan</p> <p>In the future, I plan on asking myself, "what if this were my family member?" anytime I find myself becoming uncomfortable with certain tasks. I would want someone to give the best care possible to my family member, and therefor plan to do so for others. This situation was certainly a great learning opportunity, and I feel more experienced having gone through it. Nursing is all about rolling with the punches, so this was a great reminder to always be ready for new situations and learning experiences.</p>