

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 a patient's TILF surgery yesterday, a JP drain was placed. Today there was an order to discontinue it. Therefore, my nurse, my peer, and I set up to remove the drain. We rolled her onto her side and I cut the suture holding in the drain and removed it. Before pulling out the drain I told the patient to take a deep breath in and let it out. During the exhale, I pulled the 8-10 inches of drain out. While pulling the drain out, the patient had a sudden muscle spasm in her lower extremities. The pain was not relieved quickly, but she was able to breathe through it. The result was the JP drain was removed, but it caused a severe muscle spasm for the patient.</p>	<p>Step 4 Analysis</p> <p>I can apply all the knowledge of how to remove IVs, CVADs, and PICC lines because they have the same basic steps of removal. A broader issue that arose was when the JP drain was removed should have been at the peak time for the muscle relaxant to possibly prevent a severe muscle spasm. The sense I can make from the situation is that everything I have learned so far in nursing school can help me in every situation to gain confidence. My peers experience was different from mine because he was holding her in place and not needing to think through the next steps. The impact of other perspectives is to not get so focused on only what I saw and felt, but to look at the big picture.</p>
<p>Step 2 Feelings</p> <p>At the beginning of the situation, I felt nervous but excited to be able to perform the skill. I did not know what exact steps to do, so I was learning as I went. My nurse was able to walk me through the steps and to give me confidence in my abilities. The event made me feel confident, because even though I had not been taught the exact steps, I was able to understand what I was being taught by my nurse because of previous PICC removals. I felt frustrated with the final outcome because the patient had a severe muscle spasm while I removed the drain. I was frustrated because I did all the steps right and still caused pain to my patient. The most important thing I felt was confidence in my abilities, because I feel that if I'm confident in myself I will become a better nurse.</p>	<p>Step 5 Conclusion</p> <p>I could have made the situation better if I had prepared the patient that she might have a spasm during the removal. My nurse could have made the situation better by explaining to me exactly what I would be doing, so I could be fully prepared with what I would be performing. I have learned to have confidence in my ability and my education.</p>
<p>Step 3 Evaluation</p> <p>The removal of the JP drain was good and smooth, but the muscle spasm after the removal was bad. It was easy to position the patient on her side, remove the sutures, and pull the drain out. It was difficult not fully knowing what I was to do next, so I couldn't think any steps ahead. I did a good job of listening to my instructions and doing exactly what was said. I did not expect the patient to have such extreme muscle spasms right after the removal. I didn't expect this because the patient was on a muscle relaxant for muscle spasms. I contributed by performing all of the steps to remove the drain.</p>	<p>Step 6 Action Plan</p> <p>Overall I think this was a very beneficial learning event. I concluded that I need to have confidence in myself to be able to perform procedures to the best of my ability. With hindsight, I would have looked up the steps of the procedure to prepare myself. In the future, if I have a new procedure I have not learned I will ask the nurse for instruction of what to do. I can apply these learnings to any situation I find myself getting nervous in. To just stop and have confidence in my education and rely on the fundamentals. This taught me that in professional practice I need to have confidence in what I have been prepared to do.</p>