

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>Today, we were in a patient's room to change her brief. I was with the nurse aide. The patient was in a lot of pain because of her femur fracture. Her brief was very wet and she needed to be changed, but did not like being layed down in the Barton chair. The patient told us that she would rather not be changed than to lay flat in the chair so we could change her. The nurse aide and I tried to lay her back several times so we could change her brief. Each time we tried, she would resist and try to stand up out of the chair. She would scream out when we try to lay her back. Eventually the nurse aide had to call the nurse to come help us get the patient to lay back so we could change her brief.</p>	<p>Step 4 Analysis</p> <p>The patient already had developed a UTI, which made it more important to do peri care and keep the patient clean and dry at all times. The patient needed to be changed and cleaned up because, she had a UTI and allowing the patient to sit in urine for an extended amount of time, is not safe for the patient.</p>
<p>Step 2 Feelings</p> <p>During this situation, I felt frustrated because I knew this patient needed to be cleaned up, but she was not allowing us to do it because she was afraid to lay back. This patient had just had her foley removed the previous night. She had a UTI and was unable to ambulate. I was frustrated with the situation because I tried to explain to her that she did not need to sit in a wet brief for an extended amount of time, and she was not complying.</p>	<p>Step 5 Conclusion</p> <p>I could have made the situation better by taking more control. Even though the patient was yelling and saying she was in pain, she had to be changed. When the nurse came in, she took control and was able to lay the patient back to whrer we were able to change her.</p>
<p>Step 3 Evaluation</p> <p>The good thing about the situation, was that the patient's nurse was able to come help us lay her down to be able to change her brief. The nurse had taken care of this patient before, and knew what to do to calm her down once she was moved around. The nurse instructed the patient to take deep breaths which seemed to help calm the patient down. It was difficult to get the patient to comply and lay flat so we could change her. She would scream every time we would try to lay her down. The nurse aide handled it as well as she could before she had to call the nurse for assistance. She also tried to explain to the patient that we had to change her and could not leave her there all day with a wet brief.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think this was a good lesson, because I got to see the nurse come into the room and take initiative to turn the patient on her side so we could change her. Next time I am faced with this issue, I will know that some patients are not as tolerable with pain. I think that a useful thing to do in this situation, would be to administer pain meds a few minuted before dressing changes or brief changes.</p>

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