

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 conducting CPE I did many extra steps that seemed unnecessary. This occurred during my assessment. I was in the room with the patient, and I did extra assessments just to be safe and ensure the patient was okay in every aspect. I was the nurse in the situation. The result was a successful CPE where the patient was safe and protected.</p>	<p>Step 4 Analysis I can apply my understanding of safe nursing practice in this situation. I can utilize the information in the NII's for this situation. Theories of patient centered care are important for this situation. I can make sense of the situation in the fact that doing more is ok. Rather have and not need then need and not have. Other people believe that this is the same case. Having different perspectives in this situation helps me confirm my feelings.</p>
<p>Step 2 Feelings At the beginning I was feeling a bit nervous. At the time I was thinking about all the things I needed to do to assess the patient. The event made me feel more confident and satisfied with my stander of practice. The words and actions of others did not really strike me in any way. Thus, it didn't change my nervousness. I was satisfied with the outcome as I passed CPE and felt confident in my practice. The most important feeling I felt was the confidence that I gained after CPE.</p>	<p>Step 5 Conclusion I could have made this situation better by calming my nerves. Others couldn't have done anything to make this situation better. I could have calmed my nerves before entering. I have learned that I don't need to be nervous, and I am prepared.</p>
<p>Step 3 Evaluation The event was good because I gained more confidence. Nothing was bad about the situation. It was easy to go through all the steps I'm used to going through. It went well giving assessments, meds, and safety measures. I felt I did well at protecting the patient throughout the CPE. I expected more issues, but it went very smoothly. I believe its good to always expect issues so that you are prepared. I contributed by carrying out patient care.</p>	<p>Step 6 Action Plan Overall, I think the situation was a good experience. From this event I can draw the conclusion that I don't need to be nervous for patient care. I justify this by the fact that CPE went so well. Next time I would calm my nerves before entering. I can use the lessons learned to carry confidence in patients rooms. I can apply this learning to future practice. This will improve patient care and make the patient more comfortable.</p>