

Covenant School of Nursing Reflective Practice



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 on page 2, document each step in the cycle. The suggestions in each of the boxes may be used for guidance but you are not required to answer every question. 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 experience, with relevant details. <u>Remember to 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' perspectives?
<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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Instructional Module: IM6

Date submitted: 08/3/21

Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.

<p>Step 1 Description</p> <p>Today was the first day back after summer break to clinical and my first rotation was scheduled at Silver Star. The patients began to arrive and the sweet lady who manages this organization was showing myself and my peer around the facility. We all walked through rooms, being oriented to our surroundings to ultimately end up in the clinic part of the facility they have. The staff there was extremely kind and welcomed us with open arms. After introducing ourselves, my peer and I were able to take opportunities to practice the skills we have learned thus far. One patient in particular was needing their insulin to be administered to them. While in the room with the nurse and my peer I was able to take this opportunity. I have always learned about insulin pens in school but have never gotten a chance to use them independently in a clinical setting with one of my nurse's before. So I verified how it worked and was able to correctly administer this insulin with my peer and the nurse who was with us.</p>	<p>Step 4 Analysis</p> <p>I can imply from this experience that I don't always have to be a walking nursing book like I would love to be at times. I often get so afraid to ask questions in fear they are a dumb question, but today I was able to realize that it's okay to ask things. I never have been the one to just ask when I don't understand. Instead I will research it or google it and if I really am not comprehending it then I will take it upon myself to come forth. Overall, it was beneficial and reassuring for me to know that everybody at some point in their nursing career felt the way I felt today.</p>
<p>Step 2 Feelings</p> <p>I felt very dumb for even asking for help on the usage of this medicine, knowing it wasn't something I should have questioned. My peer and the nurse were extremely encouraging throughout this time of embarrassment. I usually try my hardest to comprehend without asking questions, so this moment for me was a little hard. I was thankful that the nurse we had today was helpful and reassuring in regard to the knowledge we have. In some clinical instances it is hard to find nurses who are willing to be patient with their students and help them gain confidence in the best way possible. Taking the feelings from this was a reminder for me to always strive to have the attitude of my nurse and peer today towards my classmates and future co-workers.</p>	<p>Step 5 Conclusion</p> <p>I could have made the situation better by just finding the courage to simply ask in a manner that didn't make it seem like I was completely new at medication administration. I also could have been more confident in myself. I have learned going forward that it is so important how I respond to those around me when in certain situations. My peer's and my nurse's attitude and response could have very easily turned this situation from positive to negative. Sometimes I think that as a student I have no reason to not know something or know how to do it because I have learned it in school. After today, I can walk away with knowing it is okay to not know but is right to ask and find the answer without feeling bad about it.</p>
<p>Step 3 Evaluation</p> <p>This event was embarrassing but good for me overall. It wasn't easy for me to verify how to properly use this insulin pen in front of the patient especially. I felt as if it made me look like I didn't know what I was doing, however the patient was such a kind sport. Looking back, I am thankful that I was able to step out of my comfort zone and just ask for verification on the usage of the insulin. I know that I am bound to run in to future encounters where I may know about something but not understand it, and am glad I was able to approach this today. I hate that I openly asked for verification in front of the patient, although it was a mistake made that I will be conscientious of following this incident.</p>	<p>Step 6 Action Plan</p> <p>Overall, I can take a lot away from this experience today. The feelings and encounter I had today are going to benefit me moving forward in my nursing career especially. At times I am quick to look at people for not knowing or understand something that I do and then judge them for it. This will benefit me in future situations by remembering how I felt today and reacting to them differently than I may have before. In conclusion, the incident today was an opportunity for me to put myself in a different set of shoes than I normally am in.</p>