

# 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><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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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><b>Step 1 Description</b> My nurse and I just got done caring for a patient, so we exited their room. As soon as we exited a nurse aid called for us to help. As soon as we got to the door my nurse quickly told me to get their blood sugar. I didn't know what the nurse said so I stood there for a little then decided to go into the room for clarification. Entering the room, I noticed the patient had altered mental status since I had been in his room previously and that the patient was excessively sweating. I knew then that she probably meant blood sugar since the patient was diabetic and he could be hypoglycemic, so I asked the nurse for clarification then hurried to grab the equipment to get their blood sugar. I re-entered the room and checked the blood sugar which came out to be 72. After this, the doctor, charge nurse, and respiratory therapist were called to assist. The patient had a DNR so we did what we could do for the patient. I assisted by grabbing necessary items and making sure the room was organized. We could not do CPR or intubate the patient, so we did everything else that we could. The patient eventually regained consciousness and their vital signs went back to normal.</p>	<p><b>Step 4 Analysis</b> I could apply my knowledge from when we learned about codes and what to do. I could also apply when we learned about hypoglycemia since it helped me realize why we needed to check the patient's blood sugar. Lastly, I applied my knowledge of DNRs and the importance of adhering to them. Broader issues that can be seen from this situation is how communication can drastically affect a situation. Communication can sometimes slow interventions or make it to where the wrong care is performed. That is why we as nurses need to work on communication and be aware that it is alright to ask for someone to repeat. I was just afraid to ask my nurse because I want to be as useful as I can without being a burden for her. I want the best for all the patients I take care of, and I just want to be perfect for them which made me hesitate when I should have just gone in and asked. My nurse probably did not care that I did not hear her right since she was just trying to do the best for the patient too and I should have realized that.</p>
<p><b>Step 2 Feelings</b> In the beginning, I felt flustered and confused because I did not know what was happening with the patient and I did not hear the nurse's instructions clearly. In the beginning, I was thinking that I should make sure I got the right thing for the patient, but I was concerned about what the nurse would think if I came back so I hesitated. It made me feel confused and annoyed at myself since I did not hear the nurse correctly and the situation was time sensitive. My nurse afterward told me that it was an honest mistake and reassured me that I did nothing wrong. The charge nurse also told me that I did a great job during the situation. Their kind words made me feel better about the whole thing. It also made me realize that I am capable of handling situations like that and that I just need to be more confident. The outcome of what happened made me feel relieved since I was able to pick myself up and do everything that I could to help the situation. The most important emotion I had was confidence since I have struggled a lot with being confident during clinicals and I am finally getting to where I feel a little more confident.</p>	<p><b>Step 5 Conclusion</b> I could have made the situation better by immediately asking for clarification and then getting the needed equipment. All I needed to do was to see what was actually needed since I had not been in the room yet. It is an easy thing and would have made the beginning of the situation run smoother. The whole team did wonderfully so I do not think they could have done anything else to help the situation. If I could do the whole thing again, I would gain that confidence I needed in the beginning and allowed myself to do what I know. I just needed to remember that I can handle difficult situations like that sooner so that I don't end up flustered. I luckily did regain my focus, but I could have helped more if I didn't lose it in the first place. I have learned that it is alright to ask for clarification and that it is important to stay calm in difficult situations no matter what happens.</p>
<p><b>Step 3 Evaluation</b> What was good about the event was that I realized how to be confident even when you mess up in the beginning. It also ended well because of the amazing communication and teamwork that went on throughout the situation. The beginning went bad since I hesitated to clarify what the nurse asked me to get which ended up delaying the results of the patient's blood sugar results. The easiest part was finding where I could help out and help clean the room. The most difficult part was finding confidence, in the beginning, to go back in and then regaining confidence despite messing up. After the whole team arrived the situation as a whole went well and everything that needed to get done was done in a decent amount of time. I think I rebounded well and helped out as much as I could. I had been in a rapid response before but not when the patient had a DNR so I was not sure about everything that we could do. I honestly thought that my nurse might be mad afterward at me for being incompetent, but she was understanding and considerate. I felt like I could have done much better at the beginning of the situation, but she told me about all the other things that I did well and that it was alright.</p>	<p><b>Step 6 Action Plan</b> Overall, I think this situation didn't go too bad, but my mistakes could have been easily avoided. We were able to provide great care for the patient still and the whole team did everything they could. Everybody knew their part and did what they had to do. I've concluded that I may not know everything but if I try and ask questions, I can be a great nurse. With hindsight, I would have gone into the room sooner so that there was no delay in care. In the future, I can use what I learned in this situation to be able to ask my fellow nurses if I ever have questions. I want to be the best nurse I can be for my patients and being able to ask questions and continue to learn the best way to care for them is essential. I know now that I have a lot of room to grow which is exciting and I can't wait to see the nurse I become. I know I can continue to learn and grow as I progress. I will try to always be confident and to provide the best care I can. This event taught me a lot about how to be a nurse when I graduate and gave me confidence that I can do it.</p>