

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>5 days of 12 hour-clinicals were not easy as I thought. My preceptor and I had good clients, and almost all of them were really patient and nice. We mainly monitored and made sure our mom has pain that are at least tolerable and monitoring their babies that they are stable and no signs of infection. We did assessments and offered our moms pain medicines around the clock, and our babies their screenings for possible defects.</p>	<p>Step 4 Analysis</p> <p>In the hospital, I will always have patients that would have difficult situations to handle. As much as we want our patients to have no health problems, most of the time they are in the hospital because they need our help and care to overcome what they are going through. Knowing that, by being caring as much as we can, this can help them build trust between healthcare providers.</p>
<p>Step 2 Feelings</p> <p>Being at the floor for a few times already, it was not surprising to me that nurses run around all day. It was still a little overwhelming as I am still new to a 12-hour work, but my preceptor made me feel comfortable and confident in what I was doing the whole shift. More and more, I have gained more confidence in what I was doing.</p>	<p>Step 5 Conclusion</p> <p>I have learned to not only think of ‘tasks’ that has to be done, but I have learned to think of my patient overall. What can I do to provide them an overall healing experience that is within my scope of practice? I think this is a question that I should always think for myself in the floor, and not only the ‘tasks’ I am supposed to get done.</p>
<p>Step 3 Evaluation</p> <p>This event taught me more about being a nurse with passion. Although some days, we got report about our patients’ being unstable or having difficulty that night, my preceptor was very patient and caring that you could see that they are much more comfortable throughout our shift.</p>	<p>Step 6 Action Plan</p> <p>I want to provide care as much I want my family to be cared for if they are in the hospital. No matter how stressful our jobs can be sometimes, our patients need our nursing care to be able to function as much as they can.</p> <p style="text-align: right; margin-top: 20px;"> Francesca Abuda IIM8 08/15/2021 </p>