

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>I have been in the CICU for my preceptorship. I have done 48 hours so far and I have learned and done a lot. After 1900 on 8/16 I will have completed my 60 hours. I have been able to be the total patient care nurse for up to two patients at a time and do all the documentation for my patients. I have helped with the admission process, given medications, done procedures, communicated with family, and respiratory therapists. My preceptor has been around to oversee me and answer any questions that I have. This experience has been really good so far and I have learned a lot.</p>	<p>Step 4 Analysis</p> <p>I have been able to apply the knowledge I learned in previous modules. Although we have run high stress scenarios in the sim lab, I found that I still stood back when a super critical patient came to us. I did not want to be in the way with so many nurses, respiratory therapists, and doctors crowding in the room. In this situation I felt like everyone stayed calm, each doing their part and working together to help this patient. After seeing this first hand I feel like the next time a patient like that comes in I will know a little more about what to do.</p>
<p>Step 2 Feelings</p> <p>At the beginning of this experience, I was nervous. I did not know too much about the CICU because I had only been once for a couple of hours. However, with encouragement and guidance from my preceptor I have gained a lot of confidence. Through her critiques and learning what I do well and what I can improve on, it allows me to continue growing as a nurse. I think hearing directly what I need to work on has been good for me and really allowed me to grow. I think this has been a good outcome because I feel more confident in my nursing abilities and know that even if I don't know something I can always learn it.</p>	<p>Step 5 Conclusion</p> <p>I think I can make this experience better by being more independent and fully taking on the responsibility of being the nurse to these patients. Even though I am fully caring for the patients, I still wait for my preceptor to give her input and guide me with the patients. I know that I am capable of caring for the patients so I need to still learn to be more confident in my abilities as a nurse.</p>
<p>Step 3 Evaluation</p> <p>This experience has been good because I have been able to learn a lot of skills that I have never done before. Some skills that have been easier to do are blood draws, IV starts, and medication administration. One skill that I struggled with was putting in a catheter, I was embarrassed to say the day after that my left arm was super sore. I have been doing all the documentation and learning more about time management, so that has been going well.</p>	<p>Step 6 Action Plan</p> <p>Overall, this has been a really good experience. I have been able to grow as a nurse and accomplish more skills. I want to use the rest of this experience and continue to become more independent and confident as a nurse. Hopefully, I have the opportunity to try new skills and accomplish those as well. This experience has taught me a lot about myself, I have learned that I am capable of going into the workforce to be a registered nurse.</p>