

## 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></p> <p>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. personnel / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b></p> <p>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>                  At the beginning of my preceptorship, I honestly was scared of the 12 hours and not being able to time manage caring for patients. I didn't think I had the confidence to make it on my own. Each day I went I gained back my confidence and realized that I could do it. I started slow with taking care of patients, but I quickly gained the confidence to take care of all the patients assigned to my nurse. There were still hard days and difficult patients, but I took those as opportunities to better myself. My nurse also taught me and encouraged me to be the best I could be. I have gained so many skills and knowledge that will stay with me for my future career. I also gained a lot of experience documenting. I still have to work at being better at documenting but now it seems like I have a good enough foundation. I also tried to ask as many questions as I could throughout each clinical and I jumped at every opportunity I had to learn. Each day I was there made me think and grow into my own person and I now see that it is possible to be a nurse out on my own. After all my experience I was able to properly care for my nurse's patients.</p>	<p><b>Step 4 Analysis</b>                  Throughout this whole experience, I was able to apply what I learned in almost every module. I also was able to use the skills I've learned and the experiences I've had in other clinicals. It is hard when you are starting in an unfamiliar environment even if you are prepared. Sometimes it just takes pushing yourself to be alright even if you are uncomfortable. We are not going to be perfect, but we need to try our best and learn from every mistake and experience we have. One of the best ways to grow is to learn and overcome challenges. I was just hard on myself in the beginning because I did not think I knew enough to be a good nurse. I also did not know if I could make it on my own. I just had to overcome my own insecurities which made the whole experience much better. Everyone has doubts sometimes but we shouldn't be overcome by them and miss out on opportunities.</p>
<p><b>Step 2 Feelings</b>                  In the beginning, I felt nervous, and I felt like I couldn't do it. I also felt like I was not prepared since these clinicals are a lot different than what we have done in the past. At the time I just thought that I knew the stuff to do but I did not think I could time manage enough to get all the work done. The event as a whole made me feel way more confident than I was before, and I now feel like I could make a great nurse. All the nurses around me encouraged me a lot. They said many things that helped me realize I'm in the right career and I appreciate all of them. Everyone on the floor made the whole clinical experience way better. They all made me feel excepted and I felt like I could do it. On the final day, I felt ready to be a nurse when I actually start my job. I know I will still not know everything, but I also know that I can do it. The most important feeling I had during my experience is confidence because I now feel like I can do it. I came into the experience not knowing much but I've gained a lot of experience and knowledge along the way. I know I can exceed if I try my best.</p>	<p><b>Step 5 Conclusion</b>                  I could have easily made the whole experience better by going into it with a better thought process and confidence. I should not have started with the doubts I had but luckily, I was able to overcome and still learn a lot. It could have been a much easier start but now I have that experience. I feel like all the nurses and other staff members made the experience way better than it could have been and I appreciate all of them. They were all very nice and encouraging the entire time. Without all of them, my experience would not have been near as good. I wish I would have gone into the beginning with a better mindset but now I know that I should be confident. I still know that I don't know everything, but I also have many other people that can help me along the way. I'm not in this alone and I hope I remember that. I've learned how to properly document, how to time manage with 4-5 patients, better ways to communicate, how to prioritize care, and many other valuable skills. I honestly learned so many valuable skills that I will be taking with me to my future career.</p>
<p><b>Step 3 Evaluation</b>                  What was good about this whole experience was that I was able to gain confidence and valuable skills that will help me after graduation. Everyone was very kind and helpful, and I felt like I learned a lot. All the nurses and staff helped educate me and always grabbed me if there was a learning opportunity. The only bad part was the beginning because I thought it may be a bad experience, but I quickly got over it and used every opportunity I got. The easy part was finally giving it my all and making sure I gave the best care to every patient. The only hard part was the initial push I had to give myself to get started. I feel like most of the experience went well other than a couple of mistakes and difficult patients. Being able to learn and grow was what I wanted, and I feel like I did so to me it went well. Of course, there are still some things that did not go well with patients, but we were able to work together and get through it. All the patients still had great care. I honestly feel like I took this experience and tried my best to get as much as I could from it, so I did expect the final outcome of it. I put in a lot of effort and got a lot back in return.</p>	<p><b>Step 6 Action Plan</b>                  Overall, I think my experience was great and I'm glad I was able to have it. I learned so much and grew more than I thought I would and I'm grateful for all the people that helped me throughout it. I can conclude that it takes a lot of experience to become a great nurse, but it is possible. It may not be easy, but it is worth it in the end. If I could do this all again, I would start off better and be more confident throughout it. I still gained a lot from the experience, but the beginning could have been a lot better. I could have also been a little more assertive. This would just allow me to get even more out of the experience and allow for more growth. In the future, I will use what I learned from my nurse for my future patients. I learned many ways to better time manage and document that will help a lot in the future. I have learned a lot about what it means to actually be a nurse and what it takes to be a great nurse. I don't want to just go for the money, and I want to be able to provide the best care I can for all of my patients. Each patient deserves the best care possible. I now know that I can make it and become a great nurse.</p>