

## 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>Step 1 Description</p> <p>My last clinical day was crazy busy, as we had admissions and discharge, and our 24hr task for twins. Everyone was juggling different things from baby tasks and mom tasks. I helped my nurse as much as possible by documenting what I can and doing the discharge papers.</p>	<p>Step 4 Analysis</p> <p>In the hospital, being a nurse, there will be so many days where I can't just eat lunch when I want to. No matter how much my stomach is gurgling from hunger, patient safety and care comes first.</p>
<p>Step 2 Feelings</p> <p>Having to think that we have 6-7 patients, it is overwhelming. But like my nurse said, as much as we want to individualize care for each mom and baby, there are the same precautions to watch and routines to do for almost all mom-baby in floors which makes the work lighter. The routine care made it easy to pick up being the floor, but still its impressive how my nurse juggles between care and not mix up the patients.</p>	<p>Step 5 Conclusion</p> <p>I have learned to reach out to my co workers as much I can, without sacrificing any of my patient's safety of course. Although documenting right when you finish the task is great because it is still fresh in your mind. some things, like mom's pain management are much more important. Being able to give that for your fellow nurse is already a big help and will just take less than 5 minutes.</p>
<p>Step 3 Evaluation</p> <p>Although the day was busy, it was handled as best by all the staffs. Nurses and the charge nurse offered each other's hand as much as they could. Even my nurse who had so much to do and have not ate at all around 2-3 pm, she still offered help with her fellow nurses.</p>	<p>Step 6 Action Plan</p> <p>A floor with a great team leader might make a great teamwork but waiting to have that type of leader can be mentally exhausting. Instead, be that great team member and do what you can to make a team that you want in your floor. After all, you can't control others by instructing them to do something, but you can inspire them by being an effective team member.</p> <p style="text-align: right; margin-top: 20px;">Francesca Abuda IIM8 08/06/2021</p>