

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. personnel / 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 was passing meds with my nurse and the patient was moaning and asked for something for a headache. We did a pain assessment and looked on her med list to see what PRN pain meds we could give. The nurse left to go get the med while I stayed with the patient. I could not pass meds while the nurse was gone, so I was just standing there while the patient kept moaning. So I looked around and grabbed a clean washcloth. I got the washcloth wet and placed it over the patient's forehead eyes. The patient started to relax after that, and we were able to finish giving meds once the nurse returned.</p>	<p>Step 4 Analysis</p> <p>I'm sure there is evidence in a book or website, but I just drew on my personal experiences. Whenever I have a headache, I try to ease it by means other than medication first. A cold washcloth is my go-to when I'm at home and it works great.</p>
<p>Step 2 Feelings</p> <p>I was feeling empathy for the patient because I know what it's like to have a headache like that and to be at the mercy of others. I felt good about my intervention. When the nurse came back, her attitude about what I did was positive.</p>	<p>Step 5 Conclusion</p> <p>I am not sure how any of us could have made the situation better and the only thing I could have done differently would be to not to do anything at all; but that isn't an option. I feel like being in the situation made it easier to come up with a nursing intervention.</p>
<p>Step 3 Evaluation</p> <p>The situation helped to put the critical thinking and nursing interventions into play, in an actual patient setting. I didn't really think much about it in the broken-down terms like when we have to write it out, but it only took a couple of minutes or less to realize a nursing diagnosis, intervention and evidence based practice.</p>	<p>Step 6 Action Plan</p> <p>Overall, I feel good about the situation and I felt comfortable doing what I did for the patient. I don't think I would do anything differently. I am sure I will draw on this experience and it gave me confidence that that part of nursing can really be a lot of common sense.</p>