

## 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. personnel / 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><b>Step 1 Description</b> While playing the nurses role for simulation. The patient we had went hypoglycemic. The signs and symptoms were pointing this episode. It was a stressful time for me. The problem was not clicking to be for some reason. As my fellow partner and I were trying to figure out the situation, my fellow student picked up what was going on. She knew what was going on and what we needed to do next.</p>	<p><b>Step 4 Analysis</b> While the patient was hypoglycemic, we were able to remember that the patient was needing to eat after getting insulin. The problem was that the patient did not eat, and his blood sugar was starting to bottom out. We knew that was wrong and the patient was crashing fast. He started going down very fast and my fellow nurse knew that he is needing something to pick up his blood sugar, but when the patient was not so responsive, we must call the doctor and get an order for a medication to help bring up the blood sugar. Thinking back to module 3, it was taught about what was needing to done for a patient who was hypoglycemic and was not able to respond.</p>
<p><b>Step 2 Feelings</b> I felt a little overwhelmed as I could not click the problem in my head as we were playing the parts of the nurses. I felt that the situation was going very fast, and I did not have a chance to think and apply any of my skills. I feel that my critical thinking skills were not as sharp as it needed to be. The situation started out slow but then took a sharp turn quickly. I learned that listening to the visitor and the patient is very important especially for a critical patient. The most important feeling was feeling overwhelmed and how to control your nerves and facial expressions.</p>	<p><b>Step 5 Conclusion</b> I think I could have realized faster what was happening to the patient and able to critically think faster. If I had really listened to the visitor, then I would have been able to catch on a lot quicker and helped my nurse more efficiently. I was able to realize what to do next when my fellow nurse determined the cause for the patient.</p>
<p><b>Step 3 Evaluation</b> What was good about the event is that my fellow nurse understood the problem and guided our way through. She picked up on the scenario and critical thought about the situation to help our patient. The situation for me was difficult but not bad, I helped by trying to keep calm and give whatever I needed to, to help my fellow nurse. The good thing about this event was that my fellow nurse was able to determine what was going on.</p>	<p><b>Step 6 Action Plan</b> This situation was able to help me think better and listen more. Also, when I had to call the doctor, it helped me figure out what I was needing to say to the doctor and what important information was needing to be given. Our nursing skills were used, and we had to use a lot of our knowledge to determine what to do next and how to use what we have learned. It was a great experience for us to know what could happen in an actual scenario for a patient just like this. I will now think harder about my situation and how to take care of the patient if I did not have any else with me in the room.</p>