

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 was making my rounds for vitals and one of my patients who was admitted due to a CVA was having a hard time staying oriented x4. He asked me “why are you doing this?” “Is something wrong with me?” How long have I been here? I quickly reoriented and looked back at his daughter who happened to be sitting in the room. She looked at me and told me” I cannot believe this is happening to him he did not even know who I was this morning.” I told her I was sorry and I asked her how he has been doing if he was making progress or getting worse. She told me he comes and goes. At this point everything we learned about neuro and CVA rushed to my head like, this is it this is what we just learned I am witnessing it firsthand. I told myself while we were learning about it how I would react when I was the nurse in the situation everything I thought I would do just went out the window. I thought my primary thought would be my patient. Then all I could think about was my patient’s daughter. How I felt for her and how I just wanted to not only be there for my patient but for her. I understood when we learned that it is not just our patient we have to care for they bring their purposes in life with them.</p>	<p>Step 4 Analysis</p> <p>Just learning CVAs in class and this situation really put everything we learned in class to use. I listened and I never gave false hope even though my immediate thought process was to tell her everything will be okay he will back to himself in no time. I knew it would take lots of time and rehab and even that was not a guarantee. As nurses we have a duty to care for our patients but our duty does not stop there we have a duty to the people who love our patients and who care for them and want to help. We have to encourage that because sometimes just that is enough for our patients to heal and prosper. I have met a lot of nurses who focus on their patient and give excellent care but ignore the distraught family member in the corner because they are simply not their responsibility. That's what I feel needs to change. The image of okay you get a patient you are responsible for them I do not feel like it should be a responsibility but a privilege to make a difference in maybe more than just one person's life..</p>
<p>Step 2 Feelings</p> <p>My feelings were just about everywhere. I was angry that this was happening to her dad. I felt helpless. I think that's what bothered me the most because I've always known I wanted to be a nurse. I've known that I wanted to help others and to be someone's support, someone's hope. That moment though there was nothing I could do to fix the way she was feeling. I thought about my own dad and how nothing no one said if it was me would make me feel better. I looked at my patient and there he was but he wasn't him, he was scared and I couldn't make it stop. I covered him up and told him I would come check up on him again in a little awhile. I went to the bathroom and I cried. I am all about gods will but sometimes I just do not understand it. I just prayed for god to be patient with me and to help me understand why? My patient probably will never remember me but I will forever remember him and his daughter.</p>	<p>Step 5 Conclusion</p> <p>This situation has taught me to be patient with not only my patients and their family but with myself. At the end of the day I am only human. I cannot make every patient well or everyone happy in the world but, as long as I know I treated every person with respect and kindness I did my part. I believe in this situation I did what I was supposed to do I wish I would have checked on him and her one more time before we left.</p>
<p>Step 3 Evaluation</p> <p>I was really proud of myself for keeping it together. It really surprised me that this is what stood out to me the most of the two days I was here. One reason being, I had patients in MVAs that were paralyzed and I felt tremendously sorry for them but I couldn't get her look of complete heart break out of my head. Also, the feeling of wanting to fix it and realizing the only thing I could do was listen to her pour her heart out. It made me feel a lot better when I came home and really thought about it, I felt good that she felt like she could talk to me and confide in me, and maybe just maybe I made her situation a little easier and if I did that was the purpose of me being there today and gods will.</p>	<p>Step 6 Action Plan</p> <p>I believe this situation has changed the way I view nursing all together. I will take what I learned and next time I walk into a patient's room I want to check on everyone in the room. At least ask them if they are okay because, you never know they might need someone to say look I am here for you too. You are allowed to have feelings even if it is not happening to you it indirectly affects you. I did not want to be a nurse just for the money I wanted to make a difference and I wanted to give back because I was his daughter too and someone gave me hope and helped me up when I felt like my world was ending. I hope to continue to remember her and think of her each time I walk in a room and see not only my patient but their support system.</p>