

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>Walking into a patient's room with my nurse I had the med tray in my hands and provided hand hygiene and she introduced us to the patient. The patient was lying in bed watching tv when we walked in. The patient was very friendly and did not have any concerns with having a student nurse helping with administering the medications. As we began to scan her medications the nurse began to ask about all the medications and what they were.</p>	<p>Step 4 Analysis</p> <p>The only sense I can make of this situation is just that I need to practice more. My nervousness and anxiety did not help the situation either. I had a classmate that was also with us and she also had some of the same troubles I had but she was able to identify the medications I could not.</p>
<p>Step 2 Feelings</p> <p>When she began asking me questions, I felt a bit nervous because I did not want to not know a medication and the nurse think that I didn't know what I was doing let alone the patient. I wanted the patient to be at ease about a student nurse giving them medications. As she began asking me, I was able to recall the medications and tell the nurse precisely what she needed to hear. I felt very confident about being able to recall what I needed to.</p>	<p>Step 5 Conclusion</p> <p>Practicing more and learning more medications could help me not be so timid and scared of being asked my knowledge. I could also have been more confident when it came to administering injections and not been scared of me not doing it correctly and used my knowledge that I've already learned about giving those injections. I have learned that I need to be confident that I am doing good and I know what I am learning but I can always learn more especially from nurses that are trying to help me learn.</p>
<p>Step 3 Evaluation</p> <p>I felt the whole situation went very well although there were maybe 2 medications that I couldn't tell the nurse what they were let alone what they were used for. I don't think it was easy I just felt prepared from all the past medications I had given that contributed to the success I had. The part that was difficult was not the recalling of medications but it was some of the injections that I gave because I did not want to mess up and it be my fault.</p>	<p>Step 6 Action Plan</p> <p>I will use this experience to help me be prepared for any questions that may be asked when I'm at clinicals. I will look at my medications prior to administering them. I can ask my nurse my questions about these medications in the med room instead of in front of the patient so I can show them I know what I am doing. This has taught me to be a good nurse I need to be prepared for anything especially when it comes to caring for my patient.</p>