

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</p> <p>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</p> <p>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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SIM LAB
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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>The event happened today at the SIM lab; it was demonstrated on a mannequin. The supposed patient/mannequin have a history of T2DM, a sacral wound, and it was then supposed to go on a hypoglycemic attack. The people who were involved were my peers and our instructor. The whole thing was a practice scenario, to have us practice on our nursing assessments, med admin, and so on.</p>	<p>Step 4 Analysis</p> <p>With this situation, I can apply this to my everyday life, that everything can happen quick without warning, and I have to be quick with my critical thinking and skills based on what I know and what the situation is. There are also people out there who's experiences are similar to this event, but to them it happened on a real patient. To some, it may be similar that they might do the same the way what my peers did, they could've done better or worse, but the important thing in this event, is that we have to know what to do if the patient is going on a hypoglycemic attack.</p>
<p>Step 2 Feelings</p> <p>At the beginning, I feel confident that me and my partner are going to make things difficult for our peers. At that time, I was thinking of ways how to make things difficult, because that is the nurse's everyday life, it's difficult, I just wanted to make things more realistic, that anything can happen out of the blue.</p>	<p>Step 5 Conclusion</p> <p>If it was me on their shoes, I be ready for a hypoglycemic attack or a high level of blood sugar when I walk into that room. I would have asked my patient how they were feeling right away as I walk into that door, asked the patient what they have eaten the last time and when was it so that it can give me an insight as to what my patient's glucose level be right now. Also, in this event, I learned a lot of things based on what my peers did during the event, primarily on what to do if the patient is going unconscious because I have no idea what to do, if it was just me at that room, I would've hit the code button or call for help in my vocera.</p>
<p>Step 3 Evaluation</p> <p>The good thing about that specific event, was that it made us realize how things are being handled when things go south. The bad thing that happened was the patient going on unconscious due to low blood sugar. On the flip side, our peers did know what to do when the patient went unconscious and that was the good side. Teamwork and coordination were achieved during that event.</p>	<p>Step 6 Action Plan</p> <p>With the whole situation, I think that it is a good practice for us students to learn, not just this event but the whole day of practice of scenarios. With this specific event that I am talking about, I can apply the things I learned from this event to my everyday life, especially if I am in the clinical floor. I have to be cautious and mindful to all patients that are prone to hypoglycemic attacks, and other patients prone to dying, because that would be another level of stress.</p>

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