

Covenant School of Nursing Reflective

<p>Step 1 Description</p> <p>A description of the incident, with relevant details. <u>Remember to 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 <i>eg. personal / patients / colleagues?</i>
<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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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 got the opportunity to do my first blood draw in the hospital today during clinicals. It happened on the second day of clinicals on my unit. The nurse I was shadowing, a nurse tech, and a few student nurses were watching me do the blood draw. I was trying to go over the steps and make sure I did it correctly. I was in the role of the nurse and the other people involved were either trying to give me helpful tips and coach me a little bit or encouraging me to be confident. This event resulted in me successfully completing my first blood draw on my first attempt.</p>	<p>Step 4 Analysis</p> <p>Learning to do a blood draw on a mannequin is great, but it is a very different experience than doing it on a real person. Applying my practice was much more about the steps and the correct way to do it than it was about the experience. Blood draws are a little bit different on each person because some people have smaller veins, less prominent veins, or veins that roll easily. There is some technique to it in literature, but generally you just have to practice. Some knowledge that is very relevant is knowing what to do in the case that you fail on the first attempt to prevent endangering the patient or harming them. Broader issues that could arise from blood draws in general is a lack of knowledge about how to do them safely. Broader issues that arise from my blood draw could be about being more confident in the skills that I have learned and just not gotten to practice yet. I think the situation was simple and everything went as it was supposed to, so it was very straightforward. I know that the other student nurses were excited for me as well and were nervous for me because they could tell I was a little nervous. They helped remind me that we are all students and are there to learn and practice and it isn't the end of the world if I make a small mistake as long as I recognize it and learn from it.</p>
<p>Step 2 Feelings</p> <p>I was feeling very excited because I have been waiting for the chance to do this since module two when we learned it. The closer it got to time for me to do it, I did start getting nervous that I would miss and have to try again. I was going over the steps in my head to make sure that my nerves did not cause me to forget anything or mess up something simple. I felt very excited and proud that I did it well and grateful to the nurse and nurse tech for letting me do it, giving me pointers, and encouraging me. The words of the nurse tech specifically made me feel much more confident and eased some of my nerves. I was very appreciative of him being patient with me and helping me with the process. The most important feeling I had was a shift from nervous to proud. I think this is the most important because I have been nervous to do many things for the first time in clinicals and then doing them successfully is a great feeling and a great motivator to continue learning.</p>	<p>Step 5 Conclusion</p> <p>I think that the most important thing I could have done better was to contain all of the excitement and nerves that I was feeling. Everyone involved was very helpful, patient, and kind and they made it much easier on me. Another thing that I could have done better was go at a better angle when trying to get into the vein so that I don't have to change it midway through. I have learned to trust myself and the nurses I am working with and to use everything I get to see and hear in the clinical setting as an opportunity to practice skills, interact with patients, and learn from both mine and others' mistakes.</p>
<p>Step 3 Evaluation</p> <p>One good thing about the event was the successful outcome. One bad thing about the event was the audience that was watching me. It was easy to remember the steps and it was difficult to focus on doing all of them even when I was a little nervous. Something that I think went well was me gaining some experience so I will not be nervous the next time. Something that I did well was not panicking when I did not immediately see the flash of blood I was expecting. Everyone involved in the event did well coaching me and having positive attitudes. I did not expect a different outcome, but I definitely worried a little bit about if I messed it up and we had to stick him again. Something that did not go as expected was having to turn the needle a little bit after I had gotten past the skin to get it into the vein. I just had to flatten out the needle and push it to the side a little bit to get it into the vein, but I was expecting a faster flash of blood.</p>	<p>Step 6 Action Plan</p> <p>I am very glad that I finally had that opportunity, and I am grateful that the nurse was excited for me to try it too. A conclusion that I can draw from this event is just believing that we learned it and practiced it as much as we could and that is enough to practice and succeed in the clinical setting. I justify that because I am not the only person that has gotten to do blood draws or IV's and I am not the only one that has done them well. We are all nervous and all excited, but the majority of us can lean on the time that we put into learning these correctly the first time and block out those good and bad feelings that can distract us. I would go in at more of a sideways angle when trying to enter the vein. I will be doing more and more blood draws as I grow as a nurse and using this first experience to do it correctly and confidently. Doing something for the first time and then leaning on that experience applies to all of our skills and all of our responsibilities as nurses. This has taught me that it is equally as important to know the steps of a skill as it is to be confident enough to execute them and when I become a nurse I will remember this event and the outcome to continue learning and improving. Hopefully as I improve my skills, I can also be improving the quality of care that my patients receive.</p>

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