

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 In clinicals on Tuesday, there was a patient who was a very compliant patient, though while she was here she had two prescriptions brought to her from outside the hospital. She did give them up to the nurse but she did it after she had them for a day. One was a narcotic and the other was a muscle relaxer for osteoarthritis, which was not in her records of having this disease.</p>	<p>Step 4 Analysis In this situation, it was best to know hospital policy and who to know notify for this. You could tell this was not the first time the nurse has encountered patients doing this. It was a good experience to see that the nurse treated the situation good, notified the people she needed to and handled the medication as it should be. I was told the this was not the first time the patient did this and she knew exactly what to do about this. The nurse was hoping that she did not have anymore in her purse.</p>
<p>Step 2 Feelings I honestly did not know how to feel about this situation. The nurse did not consider this as a big deal but to me it was awkward having to think that this patient would allow some other people to bring her medication while in the hospital. She was okay with giving her prescription to the nurse but to hide it for a day or two was concerning. I was concerned that this patient may have been hiding more medications in her purse.</p>	<p>Step 5 Conclusion There was nothing that should have been done to make anything better or worse. My nurse understood her assignment and what she needed to do in this situation. We were able to get a good experience as what to do this a patient was to do this during a hospital stay. If the patient was not compliant to giving the medication it would have been a different situation, but everyone in the situation understood what it meant to get the medication to the pharmacy.</p>
<p>Step 3 Evaluation It was a good event to see. I now know the policy and procedure about patient's bringing medication into the hospital. I know that not all patient's will be compliant with giving up medications, but this patient was in good spirits. The nurse was understanding and did not have any hard time giving the reason why she needed the medication and needed to take it to pharmacy. She explained everything in great detail to her.</p>	<p>Step 6 Action Plan I was a bit confused as to why this patient would bring in two medications and not ask the nurse for more pain reliever. The patient was already on a medication for pain but bringing two more in was a bit more confusing to me. I did not understand why the patient was not in more trouble for doing that then she was. I was not sure if the patient's medications were prescribed to her or not, but she really could have had a problem if the medications were have turned into a reaction.</p>