

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>On the morning of Wednesday clinical, my patient started going into respiratory distress. They were having a panic attack and struggling with issues that were resulting from their heart failure and pulmonary edema. Their oxygen saturation kept going up and down so the nurse had to turn up the oxygen on their nasal cannula and administered furosemide for fluid buildup and dilaudid for their chest pain. The patient kept stating that they were having trouble breathing and that they were hot. We kept the pulse oximeter on them to keep track and told her to take deep breaths and use the incentive spirometer. We also gave her suction because she had a lot of throat blockage from fluid and mucus. Eventually, we had to put a non-rebreather mask on her, which helped, but she kept wanting to take it off because she was getting more anxious with it. We also got her labs and got an EKG on her. We then had to put a foley catheter in because they did not have a urine output after we had given two doses of furosemide.</p>	<p>Step 4 Analysis</p> <p>One thing I applied to this situation was my previous teachings on the incentive spirometer from module 2. I was able to teach the patient a bit on how to use it and why it was important for her to use it. I was also able to recognize why this patient was having fluid buildup and the reasons we were giving furosemide and administering oxygen. This patient's heart failure was causing her to retain fluid and it was making it hard for her to breath.</p>
<p>Step 2 Feelings</p> <p>At first, I felt a little anxious because I was wondering if I would be able to know what to do in this situation if I was the nurse. Then, I started to realize that this is a great learning experience and a great way for me to help someone out. I was able to teach the patient a bit about the incentive spirometer and deep breathing, and I kept reminding the patient why it was important for them to keep the breathing mask on instead of the nasal cannula in that moment. I was also able to be great help to my nurse by running around and getting everything, she needed and doing whatever she needed me to do for the patient. It felt great to be able to comfort and teach a patient who was struggling, and it also felt great to be a part of a team with my nurse and everyone else who came in there. Once everything had settled, my nurse and I went to look at her labs and her x-rays and she taught me a bit about what was happening. I was worried for this patient throughout this experience, but I am glad that I was able to be a part of this learning moment.</p>	<p>Step 5 Conclusion</p> <p>The thing I could have done differently in this situation is ask more questions and be more assertive. While we were in the room, I stayed out of my nurse's way just a little because I was worried about what was happening. I should have looked more into what she was having to chart and why she was doing what she was doing. I wish I could have dug into her thought process in the moment of this experience. I have learned once again that everyone's role is important when it comes to caring for a patient, especially in situations like this.</p>
<p>Step 3 Evaluation</p> <p>The good thing about this event was that I was able to learn a lot about how to respond to stressful situations like this and work together. The bad thing was that having to see someone in a moment of struggle is never an easy thing to do. I felt bad that this patient was in so much stress. The thing I did well on in this event was being on my toes about assisting. I paid attention to what everyone needed and would do it right away, whether that meant grabbing something for the nurse or helping my patient move or calm down. I felt confident in what I was doing instead of just standing back and watching everything.</p>	<p>Step 6 Action Plan</p> <p>Overall, I thought this event was a great way for me to be able to react to an intense situation. I have not been in a situation like this yet, so I am glad I was able to help and apply what I learned pretty well. This taught me that I have come a long way since previous modules, and I have gained more confidence and knowledge than I thought.</p>