

Covenant School of Nursing Reflective Practice



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 on page 2, document each step in the cycle. The suggestions in each of the boxes may be used for guidance but you are not required to answer every question. 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 experience, 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 eg. personal / patients / colleagues' perspectives?
<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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Instructional Module: 6

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Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.

<p>Step 1 Description</p> <p>I was in the outpatient clinic at Sunrise Canyon just sitting at the nurse's station and watching the nurses do their paperwork and charting. When we first got there, the nurses had already told us that they would let us do blood draws and injections whenever the opportunities would present. Me and the other student there took turns doing labs. We each had about 4 patients to pull labs on. Every patient I had the chance to draw labs on, I could not get the needle in right on the first try. I stuck them every single patient in both arms, except for my last patient on the second stick. On the other 3 patients, the nurse had to stick them on the top of their hand to get the blood.</p>	<p>Step 4 Analysis</p> <p>I was not alone at the clinic today; I was with another student. We took turns with blood draws, and she was successful with half of her patients. She had better experience than I did with doing labs. We were under the guidance of the nurse that watched us do the labs and I think that was helpful for both myself and the patient. The issue that I felt like arises from these events is that I need more practice with using needles and blood draws.</p>
<p>Step 2 Feelings</p> <p>When the nurses told us they would let us do blood draws and injections, I immediately got nervous because I had only ever started successful IV start back in IM3. As excited as I was to finally have the chance to practice this hands-on skill, I was so scared! I was concerned about hurting patients and failing to do the blood draws successfully. I also forgot how to even do a blood draw, let alone remember what a vein feels like. With each failed blood</p>	<p>Step 5 Conclusion</p> <p>I think the only thing that could have made this better is if I had more practice. Maybe I could have gone to the simulation lab and got in more practice. Even if I had more practice, I still feel like nothing could have prepared me enough to do this on a real patient. The fake arms in the simulation lab feel nothing like real human arms! The main thing I learned from this is the only way to get better is to take every opportunity with a real patient that presents</p>

<p>draw I did, it really hurt my confidence. I tried to stay positive with each new patient, but it was so hard to remind myself that it takes practice to be able to stick people successfully.</p>	<p>itself.</p>
<p>Step 3 Evaluation With every chance I had to do a blood draw, the nurses were very encouraging. They kept reassuring me and telling me that it takes a lot of practice to perfect your technique. They were determined to make sure I had a successful blood draw before the day was over. Aside from losing self-confidence with each failure, I was always sure to remain positive and thank the patients and nurses for allowing me to try. Obviously, I expected to be able to get blood on the first stick, but that did not happen as easily as I has hoped.</p>	<p>Step 6 Action Plan Overall, this event was very beneficial to my education. Even though it did not go as smoothly as I had envisioned, but it was practice and I was able to learn from my mistakes for future blood draws. I am very sure that I will have to do this in my future as a nurse. As many times as I failed, the nurses always reminded me that this will happen even after years and years of experience. That really stuck with me because it's true, not every patient will present with the same veins.</p>

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