

## 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><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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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><b>Step 1 Description</b></p> <p>This week in clinicals I was able to experience a patient who was in the EMU, or epilepsy monitoring unit. My nurse took me in the room where the tech watches the monitors of the patients that are in the EMU. These patients are in the hospital for the purpose of diagnosing and finding more information about their seizures. To do this, their doctor tries to trigger a seizure. This can be done in many ways. Some techniques are to take the patient off of their anti-seizure medications, sleep deprive the patient, or put flashing lights in the patient's room. I was able to see how the whole process works, including watching the brain activity in the monitoring room.</p>	<p><b>Step 4 Analysis</b></p> <p>I was able to apply a lot of my background information to this situation, seeing as how we just lectured over this subject a few weeks ago. While this process might seem cruel or like it does harm instead of good, it is done for a reason. That reason is to lead to better treatment of the patient. I feel that the role of the nurse is to follow the doctor's orders, help the patient remain as comfortable as possible, and be attentive to the needs of the patient. By doing this, it will make the whole traumatic experience better for the patient. I was also able to see how the EEG would be effective in diagnosing a seizure because of the way that every little action of the brain is clearly seen and recorded.</p>
<p><b>Step 2 Feelings</b></p> <p>When my nurse first started talking to me about the epilepsy monitoring unit, I was feeling confident because I remembered talking about this process during a lecture. When I began to think about how this affects the patients, I felt sympathy and a sense of hope for them. When I was in the monitor tech room, I was thinking that watching the brain activity and spikes on the screen was interesting. I remember I was only watching the EEG waves and started to see them change rapidly. At first, I was alarmed, but then I looked at the screen and saw that the patient was stirring in their sleep. It was interesting to see how such little and involuntary movement affected the EEG waves so much.</p>	<p><b>Step 5 Conclusion</b></p> <p>I feel that I learned a lot from this experience. I learned the process from the role of the nurse primarily. But I also feel that I was able to get a glimpse of the roles of the monitor tech and the patient in this process. Something I could have done differently is try to learn more. I could have asked my nurse more questions. I could have asked more questions when we were in the monitoring room. And I could have spent more time talking to the patient about their seizure history and how their experience in the hospital has been. In the moment I feel like I am already learning so much, but at the end of the day I realize there is still so much more to learn.</p>
<p><b>Step 3 Evaluation</b></p> <p>Overall, this was a good experience. I was able to apply what I have learned in class, and even expand on it further! It was very intriguing to see an EEG in motion, since I have only talked about it or saw screenshot pictures of it. Feeling sympathy for the patient came from my thoughts of them having to induce a seizure, which I feel like could be scary and a little traumatic. However, I think it is important to feel sympathy for patients as a nurse, so this was also a good thing. My sense of hope came from knowing that this process would surely lead to more information and understanding as to why and how the patient is suffering. This will also lead to more effective treatment for the patient, which is the goal of nursing and healthcare. Honestly, I did not expect this experience to be something that I will remember forever, but for some reason it made me stop and think about my patient and about the purpose of the EMU.</p>	<p><b>Step 6 Action Plan</b></p> <p>I feel like this experience will help me to not only care for patients who are in the epilepsy monitoring unit better, but all my patients. I feel that it is important to remember how the hospital stay, illness, treatment, etc. is affecting the patient directly. Also, I feel like because of this experience, I will be willing to ask more questions initially. One thing that this experience made me realize is that I am retaining information that I have learned. Sometimes I feel like I struggle to do this because of the amount of information I have learned in the last 8 months, but this experience reassured me and made me feel more confident. I feel that this experience will make me a better nurse in many ways.</p>