

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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10/26/2021

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>The incident happened just after we came back from lunch, me and my partner were just doing paperwork and helping other patients with their needs because most nurses were at lunch. There was a patient yelling 'help' from her room, she was yelling loud that we can hear it from the nurse's station. When me and my partner went and check out the commotion, the patient told us that the help button to call a nurse isn't working and no one heard her for quite a while. The patient was needing to go potty.</p>	<p>Step 4 Analysis</p> <p>The sense that I can make in this situation, was that I have to be more aware of my surroundings and be thoughtful of others. The impact of what me and my partner did was good. We helped the patient potty and prevented a BM on the sheets. To this patient, I hope that she was happy that someone helped her potty and explain the situation what was going because she was a little bit disoriented.</p>
<p>Step 2 Feelings</p> <p>At first, I felt that today was just going to be an ordinary day, that we would be doing the same things, just honing our skills of nursing. But today with that incident, I felt like we need to take their calls more seriously. It doesn't mean that if we answer a call from a patient needing an assistance, and if they didn't answer when we pick up the call, doesn't mean it is just a mis-click or a fault, we need to check it out as soon as possible. Because in this situation, this patient has a HOH, like you have to put your mouth next to this patients' ears so just she can hear you and there were no hearing aids near.</p>	<p>Step 5 Conclusion</p> <p>I could've made the situation better if only I knew how to put a bedpan on. If I could do something differently, I could've asked for help on how to place a bedpan or went into her room when I answered her call for help, because whenever I answered her call, there was no response because the patient has a HOH.</p>
<p>Step 3 Evaluation</p> <p>The good thing about the event, was that my partner heard her yelling for help, I was happy that we then go ahead and helped the patient with her needs. Also, I learned that whenever someone asks for assistance, and if they didn't answer, just go ahead, and see what is going on. The easy part was donning our PPE, the difficult thing was putting on the bedpan, which we were never taught how to place one.</p>	<p>Step 6 Action Plan</p> <p>The overall situation was a great experience and is something that I can learn from, it didn't come to mind when I answered that call, that other patients have HOH, I should've been more considerate, like following up on that unanswered response from me, because the patient might be unconscious at that point before making that last press on the button, or something worse, who knows? So, I was really glad that we heard her cries, and we went ahead and helped this patient.</p>