

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?

Covenant School of Nursing Reflective

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>I heard one of my patient's IV pumps beeping this morning after giving meds with the primary nurse in another patient's room, so I stepped into the room to see if the patient's arm was bent. I saw the patient holding their hand with the IV catheter in it close to their chest, so I asked to see the IV site. The patient showed me their hand and the catheter was halfway out of their hand. My immediate response was to pause the infusion channel and have the patient hold the catheter still while I grabbed the primary nurse and some supplies to remove the catheter. Once I came back into the room with the primary nurse, I removed the IV catheter and secured the insertion site with a cotton ball and koban.</p>	<p>Step 4 Analysis</p> <p>I used my knowledge of IV sites from module 2 in order to direct my critical thinking skills. I practiced inserting them and removing them in the SIM lab and have D/Ced IV catheters on the clinical floors before, so I knew what to do. Knowing what to do came to me so naturally. I knew that if I did not have the proper supplies or gloves on to remove this IV, that an infection or air embolism could occur from previous lectures. Having prior experience with removing IV catheters was what made me confident in what I needed to do to fix this problem.</p>
<p>Step 2 Feelings</p> <p>When I was on my way to the patient's room, I was calm and eager to silence the pump alarm. Once I walked into the room and saw what had happened to the patient's IV site, my problem solving skills kicked in. I wasn't nervous, I just knew instantly the steps I needed to take quickly in order to safely stabilize and remove this patient's IV. The patient looked worried, but I assured them that this issue would be resolved quickly once I had the proper supplies. The results that came from this were exactly as planned, and I was thankful that the D/C of the IV went without complications and that the patient wasn't injured. I was proud of myself for critically thinking quickly in order for the most desired outcome to occur. The most important feeling that came from this experience was safety because I knew from the second I saw the patient's IV site that I needed to secure and remove it without injuring my patient and to do it quickly considering it was almost completely removed from their hand.</p>	<p>Step 5 Conclusion</p> <p>I don't see anything that I could've done better to make the outcome of this event better. Everything played out very smooth and the expected outcome was met. I have seen great improvement in my critical thinking skills as a nurse, and that gives me a boost of confidence.</p> <p>What do you think overall about this situation?</p>
<p>Step 3 Evaluation</p> <p>The timeliness in which I was able to resolve this issue for my patient was very good. I knew exactly what I needed to do when I was presented with this issue; I did not have any second-guesses with my problem solving. The only issue with this incident was having to leave the patient holding onto the catheter while I grabbed a registered nurse to witness me removing the catheter and to gather supplies. This process did not take long. Removing the IV itself took no time, once I had my supplies ready and a nurse to watch me it was very simple and went smoothly with no injuries to the patient. The outcome was exactly as I had expected it to be.</p>	<p>Step 6 Action Plan</p> <p>Overall, this experience played out exactly like I planned it would which was very rewarding. If I were to redo this incident again, I would not have done anything differently. Because of this experience, I feel even more comfortable removing IV catheters. I also am more confident in my critical thinking skills and am pushing myself to think like a nurse. If this were to happen again, I am confident that I would know exactly what to do and be able to achieve that goal. This event has taught me to think on my feet and to work with haste but also to think the process through.</p>