

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. personnel / 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>This week was a fairly low key week for me. Nothing big happened and both of my nurses' patients took medications by mouth. I did do an IV push and while doing this, I noticed that there were no green caps on any of the IV access ports. So, after I finished the medication, I grabbed extra caps and capped all the access ports. After that, I started to take note of the other IV lines. Even though the patient's didn't get IV medications, they still had either Normal Saline running, or the IV was there just in case. I noticed that most of the patients didn't have green caps on their IV access ports, so I started putting them on.</p>	<p>Step 4 Analysis</p> <p>I have learned that it's a safety issue. If there are no caps on the needless access ports, it can introduce bacteria into the IV line, IV site, and even into the bloodstream. I'm not sure what was really going on. I did not ask why there no caps on the access ports, but maybe I should next time. I also didn't ask my classmates if they noticed this. It's just something I noticed and fixed, but didn't think too much about it until just now.</p>
<p>Step 2 Feelings</p> <p>With the first patient, I just figured we're all human and it got missed. After noticing it on several of them, though, I wasn't sure what to think. Maybe they weren't taught the same way we were, or maybe they just didn't want to take the time do put the green caps on. I probably won't ever know, and that's ok. I don't remember it making me feel a certain way. I just figured I was there and noticed it, so I fixed the problem.</p>	<p>Step 5 Conclusion</p> <p>I am not sure how I could have made the situation better. I feel like I did my part by putting the caps on without making a big fuss about it.</p>
<p>Step 3 Evaluation</p> <p>I guess the good thing is it's making me more aware of even the little things. Sometimes it's the little things that count towards getting the patient better and able to go home. I guess the bad part is that there were just so many. Nothing was easy or difficult and I didn't have any expectations.</p>	<p>Step 6 Action Plan</p> <p>Overall, I just think people get in a hurry. I'm also very aware that we're all human and things happen. I don't think I would do anything differently next time.</p> <p>I have learned that when I start my nursing career, just to make sure I address the small, but very important things, like putting caps on the needless access ports. It takes less time to do that than it will take to heal a possible infection.</p>