

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? <ul style="list-style-type: none"> • What broader issues arise from this event? • What sense can you make of the situation? • What was really going on? <ul style="list-style-type: none"> • Were other people's experiences similar or different in important ways? • What is the impact of different perspectives eg. personal / patients /
<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? <ul style="list-style-type: none"> • What were you thinking at the time? • How did the event make you feel? <ul style="list-style-type: none"> • 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? 	<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? <ul style="list-style-type: none"> • 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>My patient was admitted into the hospital for seizures. First time meeting him he would not open his eyes when we went in to assess him and talk to him. We gave him his morning medication which was kind of hard because he would not open his eyes or barley his mouth we had to mix it with ice cream. That day he was just a rollercoaster up and down. He was fine one moment and than down the next. His blood pressure was 79/49 which was scary because I personally have not seen one that low. His heart rate was 48 his O2 sat was 87 on 3L nasal cannula. We pushed dextrose because his blood glucose was 63. We came back to assess his BG it went yup to 123 he was fine for a good hour. Then we go to his room again to check on him and attempt to wake him. We stern rub him and nothing so we checked his BG again it went down to the 60s. They pushed more dextrose come to find out after we left they had to call rapid. I think I was more nervous of losing him because he would be the first and I do not know if I was ready for that. He is just this cute little old man that we could not keep stable. Today was a better day with him though he opened his eyes ate and was trying to talk. I was determined to make sure he was okay any free time I got.</p>	<p>Step 4 Analysis</p> <p>This situation has really showed me not to get too comfortable and you can never be to careful. The mistake we made could have been prevented if we would have taken our own blood pressure instead on relying on what had already been put in the system we would have seen that this medication was not needed at that point. I think this is just one of those things that had to happen for me to be like yeah I do not want this to ever happen again and it will not. I really wish the system would not allow you to give medication without taking a blood pressure right than and there. I know that's what I am going to start doing but, just to prevent others from making the same mistake.</p>
<p>Step 2 Feelings</p> <p>The fear of losing a patient is so intense. I have not had to feel that yet. This experience gave me a little taste of it though. I was determined not to let this man die. He was alone these past two days I've been taking care of him the night nurse had told me he was in the army and had a history of alcohol abuse that caused dementia. Here I am thinking this man is a fighter and I am not going to give up on him no matter how bad things are he keeps coming back. Then my nurse informed us that a mistake that me and my fellow class mate did the first day had cause more harm to him. The first day we went into give morning medication the medication was scanned and it was a blood pressure medicine the blood pressure that was on file was not the most recent which by than his blood pressure was low and us giving him that made it worst. I honestly felt like a punch in the stomach when she told us that. I kept visioning that moment over and over like how could we have done that.</p>	<p>I honestly wish the nurse we were with would have caught us doing it and corrected us at that very moment. Just so maybe we could have prevented rapid having to come and him getting worst. Honestly I wish I would have noticed it sooner too. I was not the one given the medication for this patient but I am defiantly taking full responsibility too because I was there observing and I did not catch it or put two and two together as well. I have learned that this will be my license one day and I have worked so hard for it. I have to protect it and if that means I have to take more time to be careful in ever aspect of my job so be it. Why am I going to be a nurse and not be dedicated to making sure my patient are safe and I am doing the best of my ability to make sure of it. Even if it takes extra time to do so.</p>

Covenant School of Nursing Reflective

Step 3 Evaluation

I definitely learned to be even more careful and to take blood pressures myself before administering any blood pressure medication. I am just so thankful his still alive and we did not cause him his life because honestly I do not think my conscious could take that. We should have realized that that medication should have been held. It was very difficult to accept that we made a mistake. End of the day his still fighting though I think it made me appreciate him even more today taking care of him. Watching him open his eye and eat ice cream was the best feeling ever. He even said thank you loud and clear. Most of his communication has been difficult to understand but just listening to him mumble anything was accomplishment in my eyes. Specially because I was expecting a different outcome I thought he honestly was not going to make it just by how everything about him was going down hill but wow a complete change in the path today.

Step 6 Action Plan

In the future I plan to be more mindful and observant to my surrounding. To pay attention to every detail of what I am doing and to weigh my outcomes of every decision and every medication I give my patient. I need to know every medication I give my patient and why they are taking it and if they are beneficial to my patient's current status. Overall the situation was a learning moment and I defiantly learned a lot from this little old man who I did not think would be here today and who because of me almost wasn't. It weird to think I was trying so hard to keep him alive and I am the reason he almost died. I understand everyone makes mistakes we are only human after all.