

## 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>Today I went into my patient's room to do my initial daily assessment. I decided to start with taking my patient's vitals. My patient's blood pressure was 128/65, HR: 94, Temp: 98.7, RR:18, and her O2 saturation was 83. I was concerned about her O2 saturation being 83 and I noticed that the patient did not have the nasal cannula on. My patient was supposed to be on 0.5L nasal cannula. I immediately put the patient's nasal cannula on and had her take a few deep breaths. I also made sure she was sitting up in the bed. The patient's O2 level began to rise, and I kept the pulse oximeter on the patient while I continued my assessment. I frequently reassessed the O2 sat during my assessment. By the time I finished, her O2 was at 90. I went to get my nurse and she came and turned up the oxygen to 1 L. The patient's O2 eventually came up 96% while the patient was taking deep breaths.</p>	<p><b>Step 4 Analysis</b></p> <p>As I mentioned before, I was able to apply my previous knowledge to the situation and effectively care for my patient. I was able to remember the desired parameters for an O2 saturation (95-100) and determine that an O2 sat of 83 was extremely low. Once I knew the problem, I was able to remember that my patient needed her nasal cannula, and I was also able to remember that if a patient's HOB is raised it is easier for them to take deep breaths. Many issues could have arisen due to this problem such as: ischemia, dizziness, lightheadedness, syncope, etc. This kind of situation is better resolved if caught and treated early.</p>
<p><b>Step 2 Feelings</b></p> <p>When I walked into the room, the patient gave no indication that her O2 levels were low or that she was feeling abnormal in any way. Once I got her O2 saturation on the machine, I was a little shocked. However, I remained calm and was able to quickly assess and realize the need for my patient's nasal cannula to be reapplied. I was not alarmed since my patient's O2 sat immediately started to rise, but I still felt it was important to go get my nurse. I believe the most important feeling that I had was confidence. I knew what the problem was and how to fix it, so I did.</p>	<p><b>Step 5 Conclusion</b></p> <p>Something I could have done to possibly make the situation better, would have been going to get my nurse before finishing the assessment. However, since the patient's O2 saturation was rising and the patient wasn't feeling any discomfort, I felt confident in the actions that I took. From this event, I have learned to assess whether or not my patient has their nasal cannula on upon entering the room. I have also learned to be calm and confident when problems arise with my patients in the future.</p>
<p><b>Step 3 Evaluation</b></p> <p>There are several good things about this event. First, my patient was not harmed or in any discomfort. Second, I was able to fix the problem efficiently. Third, I was able to apply my knowledge to help care for the patient. Putting the nasal cannula on the patient was easy. My patient did a good job of taking deep breaths and complying with her nasal cannula in order to raise her O2 saturation level. My nurse also did a great job of coming in quickly to assess the situation and monitoring the patient until the problem was resolved.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, I believe this experience was a positive one. The patient was assessed, a plan was formed, intervention was taken, and evaluation followed. I was able to practice my assessment and intervention skills on my own without my nurse or instructors assisting my thoughts. I feel that this experience gave me confidence and helped me expand my knowledge. This situation also allowed me to see the direct effects of something such as putting on a nasal cannula, raising the HOV, or increased an O2 level can have on the body. I am sure that I will have very many experiences like this in the future.</p>