

## Covenant School of Nursing Reflective Practice



*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.

### Step 1 Description:

In this reflective practice I would like to describe my overall experience in clinical and simulation this module. During my time spent in clinical, I had the opportunity to experience a multitude of things ranging from administering new medications to witnessing the clinical manifestations of disease processes I learned about in class. I practiced hanging drips and performing skills that I had only practiced in SIM lab before. I experienced an excellent simulation that allowed me to walk through a nursing care plan where I was able to develop my critical thinking skills through application. In both clinical and simulation, I was able to witness events that emphasized patient safety, advocacy, and effective nursing intervention. My overall experience was pretty incredible.

### Step 4 Analysis:

Lecture and clinical perfectly aligned this module. It was the best feeling to go to clinical with an understanding of certain disease processes. I honestly think that having knowledge in certain topics makes clinical more interesting. I felt more involved in my patient's care, and I look forward to taking care of my own patients one day. I value the importance of intergrading lecture into clinical practice. I'm not sure if it was just my experience but lecture and clinical were seamless in this module.

### Step 2 Feelings:

My first day of clinical was nerve wrecking but every clinical day after that was enjoyable. I felt like a nurse more than ever before and the nurses that I followed on the floor were fantastic. I only chose patients that were diagnosed with conditions that I was currently learning about in lecture. I felt invested in my patients and interested in learning more about their disease process. I felt more confident in my skills as the module progressed. Now that clinical is over, I feel proud of myself for making the most out of it. I took away important lessons that I will carry with me as I go through each module and into my nursing career.

### Step 5 Conclusion:

Overall, my biggest takeaway from this module is to work smarter, not harder, always check my IV pump settings and IVPB medications, trust my gut, never hesitate to ask for help, and to not be so hard on to myself during my process. I'm looking forward to taking my lessons to the next level. In conclusion, I am proud of myself, I am growing and although I have a takeaway from each module, module 4 taught me how to adapt and overcome.

## Covenant School of Nursing Reflective Practice

### Step 3 Evaluation

My clinical experience in this module changed my perspective about myself. I started out feeling uncomfortable and uncertain of my capabilities. I constantly thought about ways that I could improve, and I spent more time evaluating my actions in this module than ever before. I was challenged in ways that helped me grow even though I felt uncomfortable at times during the process. I understand now that growth does not happen inside of comfort zones. The uncertainty that I initially felt developed into improved self-confidence, and I caught a glimpse of what I am capable of. The most rewarding part of my clinical experience was when I earned a sticker on my paperwork during week 4. That sticker, although small, meant a lot to me. All I want to do in nursing school is grow and that sticker was a sign of progress. It's all about progress not perfection and that sign of progress gave me momentum to keep going despite my imperfections.

### Step 6 Action Plan

Next module, I plan to take my previous lessons and experiences with me. I went from being afraid and uncertain to excited for the personal growth and new experiences that will happen. I plan to be patient with myself and to never doubt what I already know and have learned. Perspective is everything and from now on, I want to have a better outlook on what is to come. There's always a lesson to be learned and challenges aren't a bad thing. I do not expect to be comfortable, and I may be required to adapt in order to overcome. Either way, I know I can do it. It's unbelievable that I am at the end of this module already. It was nothing like I expected but it was very beneficial to my growth. I will look back fondly on my clinical and simulation experience and the phenomenal instructors who encouraged me along the way.