

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?

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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 This week we had our MOD4 CPE at the simulation center. I arrived at my designated time and waited with other fellow students to be called into the prep room. We were given 20 minutes in the prep room to update our Kardex that we received the day before with the new chart information folder. I had highlighter all over the extra space of paper designated for notes. I mentally prepared what medications were to be held because of current labs or vital signs, like the antiplatelet and blood pressure medication. Next it was to wait to be called into the patient room for the examination of our performance of patient safety as a nurse. I was graded by one instructor from module 4 and one instructor from module 5. The module 4 instructor played the voice of the patient. I performed a neuro assessment and then moved on to the medication room in the hall. I prepared one PO medication and one IVPB antibiotic. Returned to the room to administer the medications following all safety precautions. My CPE resulted in me passing with a MET!</p>	<p>Step 4 Analysis I applied all my experience from clinical and everything that we learned skill wise from module 2 and the other modules as well. I made sure to use AIDET to communicate with the patient. I made sure to apply red rules and the 4 P's before leaving the patient to keep them safe. We recently learned about the diagnosis urosepsis and I used that knowledge to teach the patient on ways to prevent him from becoming sick again, how to prevent UTI's, and what could happen if he continued to get sick with the same type or similar diagnosis. Urosepsis is life threatening and continued infection to the urinary system can lead to decreased kidney function. It made sense that the patient was experiencing fever, chills, altered mental status, nausea, vomiting, and malodorous urine because they are all symptoms on urosepsis. When I stepped into the room he was still a little confused or just trying to be funny making the comment that he was in jail or that it at least felt like jail. The two instructors combined their perspective of my performance to determine if I had met the requirements.</p>
<p>Step 2 Feelings I was feeling nervous at the beginning. I kept reminding myself to take deep breaths to calm my nerves. I was going over and over in my head the scenario and everything I needed to complete. Reminding myself of the simple things to not forget. I felt unsure of myself, but I knew it was everything that we've been taught, and it was tasks that we do every day we went to clinical. I have a good poker face because the instructors said that I appeared very calm. The instructors were very friendly during the whole simulation which I was appreciative of. I felt very good about the outcome. Along with that, I did feel nervous still sitting outside the room as the instructors went over their grading over my performance. As I came back into the room and the instructor smiled and told me I had met all the requirements, I let out a big sigh of relief. The most important feeling is feeling accomplished because I have worked very hard these past modules and I can feel the improvement that I am making.</p>	<p>Step 5 Conclusion I have learned from this outcome that I am making good progress. I still have a way to go, but I am very close to being halfway there. I am the only one that can slow myself down with my self-doubt. I was given enough material and information to do what I needed to do. Like my instructor said, "don't chase rabbit holes". I don't need to over think and look at the straight facts. What does my patient present with and what do I need to do for them to make them better? The more experience that I get with the patients will help me out. I am excited to work as a nurse technician after this module that will also help me.</p>
<p>Step 3 Evaluation It was good that the CPE let me know where I am at in my learning experience and that I just need to be more confident in myself. Everything that was required from us was easy to do. What made it difficult was my own insecurity in my skill. It went well because I passed! On the first go so that gives me a good 5 points toward my average. I did my assessment and medication administration well. I was nervous about the IVPB, but it was easier than what I was trying to make it out to be. Other classmates did well and passed on their first or second tries that I am aware of. I did not expect a different outcome, but I did set my standard a little low so that I wouldn't be completely discouraged if I had to come back for a second try. I did not expect to only give two medications, but it made sense with the time limit. I contributed by completing all of my requirement and I kept my patient safe, physically and emotionally.</p>	<p>Step 6 Action Plan It was overall a good experience. A little anxiety is good to help me focus or to over prepare for any possible outcomes. I have concluded that I am on the right track to accomplishing my goals as a student and as a soon to be nurse. Next time I might set a higher goal for myself and be more confident in my own skill. I learned from this event to critically think about what my patient needed and withheld medications that could have caused harm to my patient. I can apply this to all my patient care experiences. This has taught me that I can keep my patient safe and that I have an understanding that all medications shouldn't be given only because they have been ordered. I learned to look at my patient as a whole. I will use this experience for my future experience with patients and my future CPE in Module 6.</p>