

# 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.

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| <p><b>Step 1 Description</b><br/>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<br/>eg. personnel / patients / colleagues?</li> </ul> |
| <p><b>Step 2 Feelings</b><br/>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.*

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| <p><b>Step 1 Description</b></p> <p>I was at the nurse's station with the Nurse 1, the one that I had been assigned to, and another nurse, nurse 2, approached her. She had insulin vials and syringes in her hand. She asked nurse 1 if she could be the witness for the insulin. Nurse 1 signed off on the insulin at the nurse's station. I was trying to think of reasons why nurse 2 witnessed outside of the patient/ med room.</p>                             | <p><b>Step 4 Analysis</b></p> <p>From previous knowledge/ studies, nurse 1 is supposed to watch nurse 2 draw up the medication. Nurse 2 is then supposed to hand the syringe to nurse 1 without telling her how much of the medication was drawn up. Nurse 1 tells nurse 2 how much of the medication she sees in the syringe and then they confirm with each other. Then nurse 1 will then initial or sign in the computer stating that nurse 2 did everything correctly.</p> |
| <p><b>Step 2 Feelings</b></p> <p>As I was watching this happen, I was just thinking to myself and knowing that we are taught not to do it that way. I couldn't help but feel alarmed knowing that nurse 1 did not watch her draw up what was in the syringe. I felt almost a little scared/ worried because I didn't want something bad to happen to Nurse 1's license. I am an anxious person and do not want to do anything that could harm anyone or anything.</p> | <p><b>Step 5 Conclusion</b></p> <p>I could've asked why she was witnessing at the nurse's station and get a good understanding of her reasoning. The nurses around could have stopped them and told them that they weren't supposed to be doing that. I have learned that it can be very easy to put a patient in a harmful situation even if I am not the one that is administering the medication.</p>   |
| <p><b>Step 3 Evaluation</b></p> <p>The bad thing about this is that nurse 1 did not see what was drawn up. Nurse 2 could have put something in there that wasn't insulin ultimately causing harm to the patient. Another thing about this is that nurse 1 was quick to sign off even though she wasn't supposed to.</p>   | <p><b>Step 6 Action Plan</b></p> <p>Overall, this situation can be very dangerous and affect the patient, and both the nurses with safety and with consequences. Because I saw that it was so easy to for Nurse 1 to just sign very easily, I will make sure that I verify and watch what goes into the syringe. At the end of the day, I want to do everything that I can to keep the license that I am working so hard for.</p>  |