

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</p> <p>My scenario started out with a person who was admitted for copd and pneumonia. I checked on the patient to begin with and noticed their oxygen saturation was low. After observing I then noticed the oxygen has been unplugged from the wall. The patient had a bag of salty chips in their pocket while also admitting to have “never stopped smoking”. I gave my patient their medication and proceeded to educate on the risks attached to straying from their diet and smoking while having a chronic lung disease and an infection.</p>	<p>Step 4 Analysis</p> <p>I have never had a patient not have knowledge of their disease process but I have encountered patients ineffectively coping with their disease. Through this situation I learned that not everyone has the same access to education as others and that can really effect their health outcome. Without the proper tools to get through what they are experiencing many people feel lost and do not know what the next step is. I used previous knowledge from modules before on how to speak to patients in a way that makes them feel safe and not belittled for not knowing the information being provided to them.</p>
<p>Step 2 Feelings</p> <p>During this scenario I felt confident in my knowledge about the disease process while also feeling confident about the education I gave out. The patient fighting me on their actions make me feel a bit anxious but once we got it settled I felt better and in charge of the situation. I felt good about going into the med room and drawing up medications without anyone instructing me on how to do it.</p>	<p>Step 5 Conclusion</p> <p>With the proper resources I felt I could have provided more pamphlets and other resources to help my patient with the support they needed. If time was not a constraint I would have sat down and asked more about how the patient was doing with all of this information being thrown their way and if they were coping well with a disease such as COPD. If I would have to have done things differently I would have also used to teach back method to allonym patient to verbalize what they learned and the expectations.</p>
<p>Step 3 Evaluation</p> <p>I don't think anything about this event was bad but more instructive on what to do in these kind of situations. I liked being able to provide education on a topic that a patient did not know much about despite having it. I liked that I was able to navigate through the scenario very easily without much stress about what was going to happen next. I tend to feel very anxious during simulation and feel lost but today I did not have the pressure of “passing” and I did amazing compared to past events.</p>	<p>Step 6 Action Plan</p> <p>I will use this experience to further my learning by utilizing the critical thinking I did and understanding the need to educate patients. Many patients feel confused and scared in the hospital and while they may say they understand that does not always mean they do. I will use this experience to confirm to myself that I am smart and capable of doing simulation activities without freezing up when being watched. Overall, this experience was very beneficial on my own self confidence and my knowledge on different disease process and the the interventions that can be done with each of them.</p>

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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.

Step 1 Description	Step 4 Analysis
Step 2 Feelings	Step 5 Conclusion
Step 3 Evaluation	Step 6 Action Plan

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