

# 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> <ul style="list-style-type: none"> <li>• This week I had a wonderful learning experience. I was taking care of a very complex patient. She was very angry with her nurse on Tuesday and a very different person on Wednesday. She was in constant pain from chronic pancreatitis and also NPO to just ice chips. This was very aggravating to her because she was hungry and wanted to eat or at least drink some tea. She was also on a huge number of medications and was very on top of what time she could have which medication and wanted them at that exact time. Watching my nurse on Wednesday I learned so much on how to handle patients like this.</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• I believe the impact and attitude of the different nurses played a huge role in this situation. One nurse feeling overwhelmed and annoyed with a patient versus a nurse who is able to communicate and handle these types of patients. Learning more about the patient rather than just automatically assuming makes a nurse a better nurse!</li> </ul>
<p><b>Step 2 Feelings</b></p> <ul style="list-style-type: none"> <li>• When I first met this patient, I felt a huge rush on anxiety and nervousness to care for her. She was very needy and on top of all her care. She was trying to teach me on all my medication administration. On Tuesday my nurse felt like this patient was going to be a pain, but my nurse Wednesday knew exactly how to handle this patient and never said one negative thing about her. The way my nurse on Wednesday felt made my emotions totally different towards this patient. I felt confident when I walked into her room and gave her medication. This made my care so much better because I did not question myself and if I did have a question my nurse was quick to be right beside me.</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• The biggest thing that I have learned from this situation is that your attitude means everything in the nursing world. The type of attitude you have toward your patient is the type of attitude your patient is going to give back. This patient was a perfect example, she was very unhappy with her Tuesday nurse and was very rude and agitated, but her Wednesday nurse changed her attitude completely. The nurse did not change her to do list or give her anything she could not have, but she was amazing at explaining why she could not have the things she wanted and making a game plan to work towards a goal that made the patient happy.</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about this event was that I was able to see how a TPCN handles a very complicated and needy patient. She also had a lot going on health wise, so she was a great patient to learn from. It was easy to work with my Wednesday nurse and easy to communicate with this patient.</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• This situation was an awesome moment for a nursing student. This shows me exactly the type of nurse I want to be! The TPCN I had on Wednesday is the nurse I want to be. She loves her patients, and it shows, but she is very strict about getting up and walking and being independent to get out of the hospital. Treat others the way you want to be treated. Just because a patient is laying in the bed sick or hurt does not make them any less of a person! Loved this experience getting to see both sides and two completely different nurses! Great week!</li> </ul>