

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. personnel / 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</p> <p>In the morning my nurse received report from night shift. After receiving bedside report she wrote down everything she needed that pertained to what was going to happen during the day. Then she went with me and completed assessments before even getting medications. She and I went one by one in each room and assessed the patients and asked all the questions and even asking about pain. After this we sat down and gathered the information about medications. She said that it was good to do the assessments before gathering medications because she knows everyone is doing well and she can prioritize her medication admin better than if she knew nothing.</p>	<p>Step 4 Analysis</p> <p>In previous modules they each tell you how important it is to assess your patient and know what is going on. However some of my nurses only assess as they give medications. I know that research and evidence based practice proves you should be doing it at all times any time you enter. Seeing the nurse doing that so early and before anything proved to me that evidence based practice is such a good thing. Assessing my patients before doing anything else makes me have all the information if problems arise. It gives me a base line in all things my patient.</p>
<p>Step 2 Feelings</p> <p>When she told me to start assessing the patients immediately after getting all the reports I was pretty surprised. In the past none of my nurses have done this. After thinking about why assessing my patients this early and before giving them medications it made so much sense to me. Understanding that if a patient is going south or not as well as the other patients you can better prioritize your day. Making sure that you see what you need to see and can then act and perform tasks to ensure the day goes smoother. This whole event made me think about how important it is to know the status of your patients before doing anything else because what if they were not doing okay, then you can put them at the top of the list and act accordingly.</p>	<p>Step 5 Conclusion</p> <p>I have learned so many good things from this experience. I learned that while each nurse does things differently it is important to find what follows evidence based practice and work it into my practice. Learning from so many great nurses has really shown me how to take care of my patient efficiently and responsively. My nurses this week have truly shown me how to effectively add things to my abilities and knowledge base.</p>
<p>Step 3 Evaluation</p> <p>I feel like the whole event went well. It showed me something I have yet to see with past nurses and was such a good thing to see. I completed my assessments and even received feedback from my nurse on how to make it better and different ways to ask questions to get my point across to the patient. I was very grateful to be able to watch my nurse even for a short period of time do such an important thing but something that is easy to pass on or just forget to do.</p>	<p>Step 6 Action Plan</p> <p>In the future I want to add in assessing my patient first, early in the morning. I feel like this will help me give medications more efficiently and be able to answer questions about my patient correctly. This has taught me that while not everyone will do things the same way, I can set myself up to be a better professional with my patient and peers and have an idea on where to prioritize my time. I would not do anything differently because I feel like this was such a good thing to see and apply to my practice.</p>