

# 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>                  I had a patient today that had an IV in a vein kind of on the index finger. My nurse and I were trying to give an antibiotic in the afternoon but the vein was no longer good. The patient complained of pain as I was trying to flush the line, so I discontinued that IV site and tried to start a new IV. The patient's veins were very hard to see or feel. I thought I had found a good vein, so I tried to start an IV but failed. My nurse tried after me but was also unsuccessful.</p>	<p><b>Step 4 Analysis</b>                  I was able to think back to module 2 when we learned to place IVs to remember all the supplies I needed and the techniques we were taught. I used these techniques to the best of my ability, but my nurse showed alternative ways that can possibly be easier for me in the future. The sense that I can take from this situation is that there are many ways to do a single thing. I realize that whatever works for me and is comfortable is what I should stick to.</p>
<p><b>Step 2 Feelings</b>                  In the beginning I was feeling very nervous because I have never started an IV before. My nurse was very encouraging and made me feel confident. When I missed the vein I wasn't upset but I really wished I would've gotten it when I tried. When my nurse couldn't start the IV either, it made me feel better for not getting it. Overall I felt very appreciative for the opportunity and it makes me want to keep practicing till I get it.</p>	<p><b>Step 5 Conclusion</b>                  I could've made the entire process easier and comfortable for everyone by being confident in myself even if I miss. I must remind myself that the only way I am going to learn is by failing. Failing allows me to see my mistakes and fix them for the next time. I have learned to give myself grace and know that missing a vein is okay I won't learn if I am too scared to try.</p>
<p><b>Step 3 Evaluation</b>                  The overall situation went very well in my opinion. I took this as a learning opportunity. I think I was good at asking questions and asking for help where/when it was needed. My nurse was great at communicating with me and walking me through the steps of how to do the IV being that it was my first time. My nurse was very patient with me and the patient never got frustrated. Finding a vein was very difficult for both my nurse and eye. My nurse ultimately decided to consult a PICC nurse.</p>	<p><b>Step 6 Action Plan</b>                  I think this situation needed to happen for me. All this time I have been so scared to start an IV because I didn't want to miss, and I was nervous the patient would get mad at me. Today I realized there is no reason for me to be too scared I need to get out there and take every opportunity to learn something new. I need to also remember that most patients want us to learn and are willing to let us practice on them. Next time I am going to be confident in myself and take every opportunity I am given.</p>