

# 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> <p>In this week's clinical, my nurse and I were doing morning bedside reports, and we were doing AIDET to the 80-year-old female patient who was admitted for a right hip fracture. During that time, she was calm, friendly and answered all our questions readily. However, an hour later, she started crying and showed signs of concern or restlessness due to pain. So, we prepared to give her the meds.</p> <p>During medication administration, the patient continued to cry, and she suddenly screamed and grabbed the nurse's hand to stop the IV push while doing it. At the time, I was helping break the patient oral meds. The nurse then carefully explained to the patient that burning sensation is one of the symptoms the patient will feel and that she needs to finish her IVP for the medication to work effectively. The patient then no longer stops the nurse during IVP. The patient later apologizes to the nurse, stating that she is not mad at us and just angry at the situation.</p>	<p><b>Step 4 Analysis</b></p> <p>The patient was dramatic because of the pain and her overall feelings about her current situation. The fact that the patient apologized to the nurse made me think that she is aware of her circumstances. From what I know, the patient fell at home, so this sudden illness (bone fractured) made her worry about her future, and she did not know how to cope with this sudden situation. The nurse handled the situation professionally, so no broader issues arose from this event. Some people may experience similar problems like ours, and some may experience different ways. Regardless of whatever experiences we encounter, I believe all experiences are meaningful because those teach us lessons we can use in the future.</p>
<p><b>Step 2 Feelings</b></p> <p>I was shocked and nervous when that happened. The patient was friendly, relaxed, and calm a while ago, and now suddenly, the patient is acting hostile. I was worried and felt terrible about the sudden changes in her behaviors. I tried to reason/think about what caused the patient to act that way suddenly, but I could not think straight because I was too nervous. Thus, the event made me feel anxious, but later, hearing the patient apologizing to the nurse and her reasoning relieved me that the patient was not angry at us. I was happy with the outcome of this incident. I am glad that the nurse portrayed professionalism and handled the situation in calm manners throughout the patient care through the patient was crying and yelling.</p>	<p><b>Step 5 Conclusion</b></p> <p>We could make the situation better if we knew more about the patient. That way, we know what to look out for when giving care. Today was our first day of taking care of her, so everything seemed new. I think others could have made the situation better if they also had thorough information on the patient. If I had the opportunity to do things differently, I would talk to the patient and know the patient history. Nursing is challenging, and nurses encounter all types of situations. Therefore, what I learned from this event was to act in professionalism no matter what.</p>
<p><b>Step 3 Evaluation</b></p> <p>The good thing about this event was I got to know more about the patient. After the medication administration, the patient opened up more about herself, how she fractured her right hip, and her overall feeling on her situation. The bad thing was the patient was admitted to the floor last night, and it was our first day with her, so we didn't know the details about her. However, after learning about the patient, it was easy for us to know what approaches we need to use when giving patient care in the future. I think the nurse did well in handling this incident. She was calm, professional, and explained the patient carefully, which stopped the incident from growing. I did not do anything particularly at that time; I just assisted the nurse with med administration and observed how she handled the incident.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, the situation was somewhat overwhelming, but it was understandable. At first, I did not know why the patient was acting weird, but now I completely understand why she acted like that after hearing patient information from the patient. If I could do something differently next time, I would do it. I would communicate with my patient and clarify things I didn't know. I can use this event in the future by applying to the same situation to handle the situation calmly and professionally. Yes! I think we can use this event in other circumstances, too, to remind ourselves to stay professional regardless of the problem.</p>

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