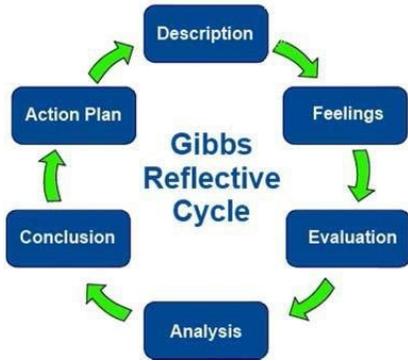


# Covenant School of Nursing Reflective

. lukguinb



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.

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| <p><b>Step 1 Description</b></p> <p>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<br/>eg. personal / patients / colleagues?</li> </ul> |
| <p><b>Step 2 Feelings</b></p> <p>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.*

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|---|--|
| <p style="text-align: center;"><b><u>Step 1 Description</u></b></p> <p>On Wednesday morning, the nurse did not replace the blunt fill needle on the IVP medication with a blue top and it was my opportunity to administer the medication. During administration, I removed the blunt fill needle and placed it directly onto the patient's bedside table. At the time I was focused on performing proper technique of establishing patency and cleaning the hub of the IV between each flush and medication. . I did forget the blunt fill needle on the table and thanked my patient before attempting to leave the room with my classmate and nurse. My nurse did catch my mistake and disposed the needle in the sharp container.</p> | <p style="text-align: center;"><b><u>Step 4 Analysis</u></b></p> <p>There is a wide range of different perspectives on the situation. If the patient was not a long term stay and it was their first-time receiving medication during a hospital stay, they could have easily thought the needle was going to be used to inject them like a shot. Previous knowledge to prevent the event would be to replace the blunt fill needle with a blue cap while in the med room and the needle would never be in the patient's room.</p> |
| <p style="text-align: center;"><b><u>Step 2 Feelings</u></b></p> <p>I was feeling very confident in administering the medication and completing all of the safety steps in the beginning. After the event occurred, I did question ability in providing a safe environment for my patient. The final outcome of the event, my nurse did reassure me that mistakes do occur, and they are learning experiences after I apologized for leaving the needle on the bedside table. The most important feeling I have is regret. I regret the moment of putting myself down without hesitation and not giving myself credit for all the skills I performed correctly and safely.</p>  | <p style="text-align: center;"><b><u>Step 5 Conclusion</u></b></p> <p>There are several things I could have done differently. I could have asked my nurse if I can replace the blunt fill needle with a blue cap while in the med room. I could have also immediately disposed of the needle before administering the medication versus placing the needle down. I learned how easy it is to get distracted and also how quick a shortcut can turn into a safety issue.</p>  |
| <p style="text-align: center;"><b><u>Step 3 Evaluation</u></b></p> <p>The good part of the event is I did do everything else for medication administration correctly. The bad part is not only did I leave the needle on the patient's bedside table but while removing the needle and cap from the syringe before administration, I uncapped the needle completely which is the reason why I placed it away from the patient. I did expect a different outcome because we were stressed on the important of never taking a blunt fill needle into a patient's room and I feel like it has been installed in me, but I still forgot.</p>  | <p style="text-align: center;"><b><u>Step 6 Action Plan</u></b></p> <p>In the future I will not take shortcuts when it comes to administering medication. I will take the proper steps in replacing IVP medications with blue caps and never taking a blunt fill needle into a patient's room unless needed. I will use this experience to further improve my practice by slowing down and always performing the four (P's) and red rules since that involves removing clutter in patient's room.</p>                              |