

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>During simulation I learned so much from every scenario. I think the thing that sticks out the most is watching and grading my classmate's scenario. Watching classmates from the outside in is a whole different learning experience. Some classmates had a patient that their heart rate was dropping, and they were unsure of what to do. Even from the outside in I was unsure what to do. Watching them handle the situation was an awesome learning experience.</p>	<p>Step 4 Analysis</p> <p>In Module one we had a power point with Dr. Stinnett. We talked about how beneficial simulation learning is for a healthcare professional. This scenario was just proof of that. Learning in simulation can be so realistic and easily carried into real world situations. That now if I have a patient with a heart rate dropping a bolus of fluid could be an option. Before I would not have probably thought about that option.</p>
<p>Step 2 Feelings</p> <p>I felt really good leaving simulation. Sometimes simulation feels funny, or I walk away unsure if I truly learned anything. This week and this simulation I truly feel like I walked away learning a lot of information that can be very useful in the real world. I feel a little more confident if a situation were to arise in the hospital settings.</p>	<p>Step 5 Conclusion</p> <p>I think I did really well watching my classmates and analyzing their actions during their scenario. I think everyone during the scenarios did very well learning and working together. I have learned so much from excellent teamwork to real life possible scenarios.</p>
<p>Step 3 Evaluation</p> <p>Everything was great about this situation. The scenarios were very realistic all the way to the crazy family members. All the scenarios were challenging, but not impossible.</p>	<p>Step 6 Action Plan</p> <p>I plan to take everything that has happened during simulation and this scenario into the hospital setting with me. Ideas to how to handle crazy family members, how to work side by side with another nurse, and how to stay calm in some crazy unknown situations.</p>