

## 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>This week, I was caring for a patient with some electrolyte abnormalities. My nurse and I went into her room to redraw blood for a potassium level. My nurse offered for me to draw the blood and once I found a vein that I thought I could hit, I asked if she wanted to feel in order to make sure it was a good vein. She felt the vein and told me that I could attempt the blood draw and I succeeded on getting a flash of blood on my first attempt. I completed the blood draw and we sent the sample to the lab.</p>	<p><b>Step 4 Analysis</b></p> <p>This situation is very applicable for me because as a nurse, I will regularly have to draw labs and blood cultures. I think the nurse's experience was probably slightly different than mine because she was in a leadership position and she was having to worry about the patient accepting the fact that a student was going to practice drawing blood on her. Originally, I was upset by the fact that my nurse seemed to not trust me to be able to successfully draw a blood sample but I decided that I could prove to her that I could do it.</p>
<p><b>Step 2 Feelings</b></p> <p>When I agreed to attempt the blood draw, I was very excited and confident that I would be successful but my nurse seemed hesitant. It seemed as if she did not think I would be able to get a good flash of blood because the patient's veins were so small. She felt the vein that I chose and very hesitantly agreed to let me attempt the blood draw. I was very proud of myself for successfully getting the blood sample that we needed on the first attempt.</p>	<p><b>Step 5 Conclusion</b></p> <p>I think I could have made the situation better by being more understanding of why my nurse was hesitant about letting me draw the patient's blood because the patient had tiny veins. I have learned to be more considerate of my nurses concerns when it comes to letting me practice things like blood draws because the nurse has to think about if the patient is ok with letting a student practice and the nurse understands that everything I do is under her license.</p>
<p><b>Step 3 Evaluation</b></p> <p>This event was very good because, despite any hesitancy on my nurse's part, I was able to successfully draw the blood sample that we needed. I thought the blood draw as a whole was rather easy and for my first blood draw in a hospital setting, it went very well. I think the nurse, while hesitant about my ability, was willing to help and she tried to make sure that I was successful on my first try so that the patient did not have to be stuck twice.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, this was a very good experience for me. I think I was mostly wanting to prove to my nurse that I was fully capable of drawing blood so in the future, I will be more accepting of what she has to teach me. This lesson taught me to be more accepting of what others are trying to teach me because as a nurse, I will never stop learning.</p>