

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.

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| <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. personal / 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.

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| <p>Step 1 Description</p> <p>I was able to discontinue a JP drain located in the abdomen on a patient with my nurse. It happened a little before lunch and another classmate was there to be moral support for the patient. I had started out by cutting the sutures and pulling those out, so it was just the drain that was left in the abdomen. The next thing was to pull the drain out in one quick, swift movement. After completing that, my nurse and I had made a little pressure dressing out of gauze and placed that on the area where the drain was located. With the pressure dressing in place, we had then covered the area with a clear bandage to watch for any bleeding.</p> | <p>Step 4 Analysis</p> <p>A broader issue, of course, would be the risk of infection and if the tubing didn't come out as we hoped it would smoothly. I think because this was the patient's 4th surgery, it had scared her and from the past experiences it wasn't too good when they pulled out the drain. Because she had a different experience with this removal, I think she had a better impact on her own experience. I know the patient had an impact on my experience as a student nurse. With this experience, it made me have just that little bit more of confidence in myself becoming a nurse.</p> |
| <p>Step 2 Feelings</p> <p>At the beginning, I was excited to be able to discontinue a drain because I had never got to experience that. At the time, I was thinking it was just a little tube in the abdomen that wasn't going to be much trouble. But as my nurse started talking about how it was going to be removed, I started getting anxious about doing it. Once we got in the patient's room, we were explaining how the removal of the tube was going to go. This was her 4th abdominal surgery, so she was nervous and worried it was going to hurt again like it did before. When we were going to pull the drain out, I got scared but then my nurse had said, "Nope, you're doing this, you got it!", so with a little bit of guidance I was able to pull the drain out. I was excited that I was able to do it and for it not to hurt or make the patient uncomfortable with it.</p> | <p>Step 5 Conclusion</p> <p>What would have made the situation better would probably have been if I wasn't anxious about pulling the drain out and having the confidence of doing it myself with the nurse watching me. If the patient didn't have those bad experience themselves, I think it would have gone a little more smoothly. I learned that the drainage tube wasn't as short as I thought it was going to be and that its better to pull the tube out in a quick swift movement rather than having it be done slow and tugging on the patient's skin.</p> |
| <p>Step 3 Evaluation</p> <p>What went well was that my nurse was able to let me have that experience and pointed out some techniques that she used when having to remove the tube. I think that if I hadn't been anxious in front of the patient it wouldn't have been so bad. Cutting the sutures was easier than pulling out the drain. It's not that pulling the drain was very difficult, I think that it was more of the thought of pulling it out of someone's body and feeling that little bit of a tug on it. I guess I kind of was expecting it to be more difficult than just cutting the sutures and pulling it out</p> | <p>Step 6 Action Plan</p> <p>Overall, I loved being able to experience this situation with the patient and having the nurse teach me. Since I had the chance to remove a JP drain, now I can help other nurses I get paired with to remove another drain in the future. This has taught me that even though it can be a scary thing to do it can be easy with the best techniques and help from teachers and nurses to help.</p> |