

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 going to draw blood from a patient for a vancomycin trough. This happened a little before it was time to go to lunch. I was in the patient's room with the nurse and another student nurse. I was involved with the patient and his care with the nurse overseeing and another student nurse watching. I was looking for a vein so that I could successfully draw blood from the patient. I was playing the role of the nurse in this situation. The nurse was acting as an instructor in this situation to encourage my learning for this experience. The patient played as a willing participant in my learning. He was encouraging even with me being a student and trying to practice my skills. The result was not what I wanted since I wasn't successful, but it was still a great experience.</p> | <p>Step 4 Analysis</p> <p>What I can apply from my previous knowledge is the proper angles and techniques to properly complete a blood draw. Some broader issues that can arise from this situation include infection and pain for the patient. These can occur when the proper safety and precautions aren't used, and the wrong techniques are utilized. It is important to always be up to date with your nursing knowledge and skills to perform your best with blood draws. This also comes with more and more practice. Other people's experience may be negative if they received multiple sticks before being able to draw blood. It is important to try and not cause more stress than needed with an already uncomfortable scenario.</p> |
| <p>Step 2 Feelings</p> <p>I felt excited about the opportunity while also being nervous about not getting it right. I was thinking about the best way to perform this procedure and how to maintain confidence during this situation. This event made me feel anxious because I wanted to do the best I could with this opportunity as it was something I had not done yet in the hospital setting. The words of the nurse were encouraging as she walked me through it just to make sure I was comfortable and was taking the right steps. The words from the patient also gave me courage as they were so willing to let me try to and do this procedure on my own. Even after the fact they gave me words of encouragement so that I would not feel bad with the result. This made me feel thankful because knowing I had support was important for me. I won't be discouraged for next time even though I was not successful. I feel disappointed about the outcome, but I am happy that I was able to throw myself in there without holding back. The most important feeling I felt was encouragement. This was the most important because I will be willing and ready for my next opportunity.</p> | <p>Step 5 Conclusion</p> <p>I could have made this situation better by just having more skill when doing a blood draw. There really wasn't much more that could have been done in terms of other people's roles for this situation. Every person involved gave me their best possible teachings and attitudes. I am thankful to have been given this nurse and patient because it made my experience much more enjoyable. Just being able to stick the patient properly so that the patient wouldn't have to go through more sticks is what I wish could have been done differently. Making sure the patient is receiving the best care should always be our goal, so learning and practicing will allow me to be more confident in my nursing skills.</p> |
| <p>Step 3 Evaluation</p> <p>What was good about this event is the part that I was able to practice my skills in a real scenario. The bad part was that I couldn't complete this skill successfully. It was easy to maintain my confidence and setup for this procedure. It was difficult for me to find the best vein for this blood draw. What went well was the interaction with the patient even with a tough situation. What I did well was taking this opportunity as a chance to learn and not to become discouraged. The nurse did well in facilitating my learning and giving me the confidence to do this blood draw. I expected to be able to get the blood draw with the first stick. I believed this because I had previous practice at a blood draw clinic, so I was confident in my ability to do this. What went wrong was my technique to stick the patient.</p> | <p>Step 6 Action Plan</p> <p>I think overall this situation brought a great experience even with the result not being what I desired. The conclusions I can draw from this is the importance of getting more practice whenever and however I can while in a clinical experience. With hindsight I would try to feel more of the vein to get a better idea of where to stick. Having this down will help with creating my best chance to be successful. I can use these lessons with pretty much any skills with nursing. More practice and not being scared to fail are the best ways for me to excel as a nurse. This has taught me how important it is for nurses to continually work on their skills and not become complacent with any part of nursing as there is always room for improvement. I will use this experience to continually work on my skills and have the courage to take any opportunity given to me to learn.</p> |