

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. 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.

<p>Step 1 Description The past two days were spent in the sim lab running through simulated scenarios. As the nurse, we came in and tried to prioritize what the patient needed from us appropriately and in a timely and effective manner. With a classmate playing the role of the patient and another classmate playing the role of a visitor, we had a simulated patient event to run through, complete with bed side report from the previous nurse. Walking in, getting report, and then immediately getting into assessing the situation, as well as the patient. From there, we either needed to make a call to the doctor or the pharmacy, and or we needed to draw up the patient's medications to give. After everything was said and done, we debriefed and went over the scenario in its entirety, focusing on the patient's diagnosed disease process and what that might mean for the patient.</p>	<p>Step 4 Analysis We each had completely different scenarios to run through. Some easier than others, but they each got us thinking in different ways. On top of that, we each come from different backgrounds entirely and I felt like that definitely showed in our scenarios. Having that different experience though, helped bring different ideas to the table and helped get us to think about all possible outcomes. Where one person may have been lacking, another person would come in and take up the slack and that's teamwork in its entirety and it's really important that we start learning how to work like that now rather than later. I feel like our whole group overall, however, did a really good job with that.</p>
<p>Step 2 Feelings Overall, I feel like I'm walking away from these past two days with a bit more confidence in myself. Knowing that there were certain things that I knew the answer to, even if I didn't think I did, really helped reaffirm that I have actually been learning and growing in my abilities and knowledge as a nurse. In the beginning and especially while running through the simulation as the acting nurse, I was pretty nervous and a bit apprehensive; not wanting to do the wrong thing. It helped knowing however, that we're still learning and it's best to try what we may think is right and be wrong in sim, than to try it in clinical and be wrong. I also felt much more at ease when my classmates pointed out positive things myself and my fellow acting nurse did because it gave us a little bit of reassurance that we might actually be doing something right.</p>	<p>Step 5 Conclusion I could've been more assertive in the things I wanted to do or even in the things I did. I already knew coming into this that I wasn't the most confident person overall and this just really reaffirmed that. It's really hard to do something while other people are involved and stick with it when you're not confident in yourself. On the flip side of that however, I learned that I need to start giving myself a little bit more credit because there were certain things that came up that I knew the answer to in my head and just wasn't confident enough to say. This event reaffirmed to me that I'm every bit capable to do what I'm doing, I just have to start acting like it and be more confident in my answers and responses.</p>
<p>Step 3 Evaluation I think myself and everyone else showed really good teamwork and critical thinking skills. Even if we may not have gotten it right immediately, or even at all, you could still tell that the cogs were turning, and we were constantly brainstorming on what should be done. I think the simulation event overall was really helpful and went fairly well. It caused us to critically think in ways that we may not have normally done. The simulations definitely weren't easy, but they're not supposed to be, just like caring for a real person isn't easy. There are challenges in caring for others and I think these scenarios did a really good job at bringing that to life. I felt like my classmates did really well in all of their scenarios! With myself however, although I feel like I did well, I also feel like I could've done more will acting as the nurse.</p>	<p>Step 6 Action Plan Overall, I feel these the past two days were helpful in many ways. The scenarios felt as real as they could and the situations that the scenarios were based on were perfect. Having been things we've previously learned about and have some knowledge on, helped give us a starting point on how we should proceed and how we should be thinking. I personally don't think I'd change a thing about either day. I felt it was really helpful running through the scenarios and then coming back in and going over the situation and the patient's diagnosis overall. These scenarios taught me a lot about how being confident in yourself can take you a long way and although I've gotten better with my confidence levels, I still have some work to do. Being able to go into the room, knowing what you're doing and being able to fully relay that to your patient and their visitor has the ability to put the whole situation at ease so that you can fully focus on what's most important in that moment. I also really found the NG tube education helpful, as well as how you might need to position the bed to further help your patient, Trendelenburg, etc.</p>