

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</p> <p>This week's clinical was great. I got to experience new things and do several wound dressings changes, which I did not get to do in the past modules. Wound dressing changes can be somewhat challenging due to the smell, but I enjoyed doing it, thanks to the nurse. The nurse was great, and she knew what she was doing. My nurse had four pressure wound patients, and she explained how it would keep us the day busy since today is "Wound Wednesday".</p> <p>She let us do wound care on our patients. At first, I was nervous because I had never done it in actual patients, but she explained wound care steps throughout, so it went great. She carefully goes over the steps and effectively delegates us what to do during wound care and med administration. So that was very helpful and encouraging. I am glad that we could finish on time while providing the care that the patient needed.</p>	<p>Step 4 Analysis</p> <p>My primary and secondary patients had a fracture on one of their legs, and both have pressure ulcers due to prolonged immobility. A patient who had surgery and long-term immobile patients are at high risk for developing a pressure ulcer. Thus, to prevent future pressure ulcers, nurses must turn patients every 2 hours, have them sit up during lunch, or have a pillow around bony prominences.</p> <p>The nurse carefully checks the physician's order before giving patient care/ wound care, so no issues arise during patient care. People's experiences on wound care may be different based on the type of wound the patient has or the doctors' orders. For example, my patient's wound care differed from my classmate's. The types of the wound were different, so it was different.</p>
<p>Step 2 Feelings</p> <p>At first, I didn't know wound Wednesday, so I was relaxed and laid-back. The nurse told us that we would be taking photos of the pressure wounds, but I did not know that there would be wound cleaning and all the steps to take a picture of it. Overall, the wound Wednesday event was a meaningful experience for me. It wasn't simple as it sounded, but it was educational.</p> <p>Honestly, wound Wednesday kept us busy, but we could finish before lunchtime thanks to the nurse's effective delegation skill. I was glad that we could finish before break because it gave us time to do our assessments.</p>	<p>Step 5 Conclusion</p> <p>I would not do anything differently; I am satisfied with the way the nurse performed her role. I am pleased to have my nurse for this week's clinical. She was thorough, organized, and double-checked everything before she did. By watching her, I learned that I should also double-check things to prevent harming the patient and myself.</p>
<p>Step 3 Evaluation</p> <p>The good things about this event were informational and a good learning experience. The nurse patiently explained what we were doing, which assured us not to be nervous. The nurse was patient and communicated effectively with us, so the event was not stressful under her guidance. After the first patient care, I thought we won't be able to finish wound cares for all the patients since PTs were trying to ambulate some of our patients. However, the nurse collaborated with the PTs, making it convenient to do patient care. During patient care and wound care, we helped each other with the stuff we needed, which was also one reason we could provide effective care and finish early.</p>	<p>Step 6 Action Plan</p> <p>Today's clinical was hectic yet meaningful. The nurse portrayed professionalism throughout the patient care and taught us thoroughly even though we had a busy day. The nurse communicated with the patient and us; she let us know what to do and how. Also, throughout patient care, the nurse always makes sure to do assessments on her patients, asking patients questions and concerns, which I think is excellent. The most important thing that I learned from today's clinical was always double-checked and staying positive no matter how busy you are.</p>