

## 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. personnel / 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>

## Covenant School of Nursing Reflective

*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 morning right after me and my nurse got report from the night shift nurse we heard a loud bang and someone in the room yell our patients name, so out of instinct me, my nurse and others at the nursing station ran to the room. We walk into to the room to find our pt. laying on the floor unconscious. There were about 5-6 nurses that were standing in the nurses station by his room when it happened so they all went in to help put a sheet under him and lift him up and put him in bed. He was an EMU and seizure precaution pt. and this was the first seizure they were bale to catch while in the hospital.</p>	<p><b>Step 4 Analysis</b></p> <p>I feel like I can take a lot of things away from this event like working fast but efficiently and without hesitation. While also being very thorough and getting everything that needed to be done for the patient done. It was very neat to just be able to see and learn how nurses handle themselves in those situations and what they do in their role.</p>
<p><b>Step 2 Feelings</b></p> <p>At the beginning I wasn't thinking anything other than get the pt. in bed safely and make sure there is no bleeding because he did hit the back of his head. It was a big adrenaline rush because you have to act quick and you have a lot of things going on. Like, getting a vital sign machine, reading out the vital signs, writing them down, while also needing to get your patient up. Afterwards, it was felt almost unreal because it happened so fast you almost don't get enough time to process anything.</p>	<p><b>Step 5 Conclusion</b></p> <p>What I have learned from this event is that you want to protect the patient as much as possible but by also protecting yourself. You do not want to take on a task like that alone you need multiple people. And I just think it is amazing how quickly everyone rushes in to help and automatically knows exactly what to do with zero question.</p>
<p><b>Step 3 Evaluation</b></p> <p>After being able to reflect on the event that happened I think it went very well. The way each nurse fell into their role so quickly and without hesitation is very neat to see in action because it could've resulted in the pt. being on the ground for too long or being in a seizure for too long and could've ended very badly.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think I can take this experience and learn so much from it. From how the nurses got things done in that emergent situation so efficiently and without hesitation to how calm each and everyone single one of them were like it was a normal thing. I know those things take lots of practice and learning and you eventually learn what role you fall into when you enter the room in the situation but it is just very eye opening and amazing how quick and amazing we can be with our care.</p>