

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 For my preceptorship, I have been working on the pediatric floor. I have learned so much in the time I have been there. Being in the clinical setting for the entire shift allows me to learn to the best of my ability. I act as the total patient care nurse for the patients my preceptor and I have. Being put in this role allows me to see what it is like being the actual nurse instead of just following around. My patients have had various illnesses and diseases like leukemia, RSV, covid, diabetes and more which has taught me how to care for these kiddos and the importance of observation. I have learned more medications like chemotherapy and I have also become very familiar with giving medications through a syringe pump. My preceptor is very educational and always guides me in the right direction which is very helpful.</p>	<p>Step 4 Analysis I can apply everything I have learned so far to the rest of my hours I have to complete as well as my future job. The different perspectives of other nurses as well as mine have impacted me and what I will do as a future nurse.</p>
<p>Step 2 Feelings The very first day of my preceptorship I felt overwhelmed and nervous as I did not know what to expect. Throughout my time being on the floor, I have gained more leadership and communication skills that I did not have before. I know once I am completed, I will be readier than I was before to transition from a student to a nurse.</p>	<p>Step 5 Conclusion I do not think there is anything I could have done differently so far. I have had a good experience learning from my preceptor and all of the things that are different in the pediatric world.</p>
<p>Step 3 Evaluation Everything has gone well so far on the floor. Like I mentioned above, I am getting more and more familiar with syringe pump medications. I am improving my communication skills with families since they are always in the room and I have learned the importance of distraction techniques for the younger patients. One thing that has been difficult for me is time management. When we are super busy and have five patients, it can be easy to get behind so I have been trying my hardest to stay on top of charting for all of my patients. I have contributed to this opportunity by fully immersing myself into the pediatric floor.</p>	<p>Step 6 Action Plan This has been an excellent learning opportunity for me as in previous modules we were not in clinicals for the entire shift. I will use all of this experience to better myself for my future patients. All of the interactions I have had with nurses, physicians, child life, and more have taught me the importance of communication especially with the family. This is an important aspect I will be taking with me to my job. Like I mentioned above, there is not anything I would do differently so far.</p>