

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>I the nursing student had to draw blood. I was extremely nervous. When we practiced drawing blood in the module before I did not get much practice, I also have missed an IV start in the hospital. The patient was older and had bruising on the arms and age spots. You could not see or feel any definitive veins. After looking for a vein for about 5 minutes I finally found one. I was nervous. I inserted the needle and did not get any blood. I moved it around a lot. After trying to get it for about a min the nurse took over. When the nurse took over, she noticed that there was a small amount of blood in the tubing I was in it was just hard to get the blood out. After the nurse adjusted the angle the blood very slowly filled the tube.</p>	<p>Step 4 Analysis</p> <p>Many of the needle sticks that I had were people that were not in the hospital, those patients were relatively healthy, and hydrated. I just thought every blood draw would be the same technique. For most of them it was easy to see a vein and feel a vein. That is not the case for a lot of the patients in the hospital. They are mostly under distress, so their veins are not as easy to find.</p>
<p>Step 2 Feelings</p> <p>I was really upset when I did not get the original first flash of blood. I thought I did not hit the vein. Once she took over and told me there was blood in the tube I felt better, but I still was upset. When I saw the nurse struggle and move to all sorts of angles to get the blood, it made me feel better since I was in it just had to be a perfect way to get the blood out.</p>	<p>Step 5 Conclusion</p> <p>I need to have more confidence in myself. I immediately thought I failed. I do not need to give up so easily. I could have gotten some warming packs to put on the patient's hands. I could have propped the patients hand up to also help. I could have also gotten the patient to pump their fist. I just didn't really know how to utilize those techniques for me.</p>
<p>Step 3 Evaluation</p> <p>It was a great learning experience. I learned that if you do not get the original flash that does not mean you failed. Sometimes you just have to maneuver the needle to get it just right. It was good to be able to watch the nurse do different angles with the needle. I had also never thought about if a patient was a slow bleeder, sometimes I need to be more patient.</p>	<p>Step 6 Action Plan</p> <p>I need to watch some videos to help learn about different types of patients, techniques, and tips to help improve my skill. The overall best thing that I can do is practice as much as possible. It will help me gain experience and confidence.</p>