

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>As I endured my first 6 days with my preceptor, I have learned so much. As I learned how to transition from student way of thinking to a nurse's way of thinking, I have picked up on things that I plan on using in my career as a nurse. During my shifts with my preceptor, I have learned how to prioritize and apply my nursing skills with patients. As I progress throughout my shifts, my time management and critical thinking skills are being improved and critiqued to become a better nurse. As I am learning on how to transition, I am keeping my ambition up to improve my transition process to get the best experience out of this opportunity.</p>	<p>Step 4 Analysis</p> <p>My preceptor is very good at teaching and accepting. He is the type of person that I would want to work with. From the experience that he's given me so far, I plan on returning the favor towards others. Since he's an experienced nurse, he knows a few things when it comes to improving critical thinking skills and time management skills. Since he's a huge helper, he gives advice to others that would help them out in the long run. This does not only boost team bonding but it also boots team morale. I plan on being the same way, because if I am able to help others, I hope others do the same to build a strong team on the floor I choose to work on.</p>
<p>Step 2 Feelings</p> <p>During my first couple of days, I was honestly stressed out. Not necessarily during my actual clinical time but beforehand. I was overthinking how my experience would be like. As I progressed through my shifts, I eventually felt confident in what I was doing. For an example, I was honestly scared to ask questions at first because I didn't want to look incompetent, but I eventually got over that thought. Now that I have completed 6 shifts, I am now confident enough to ask for critiques in what I should be doing to improve my nursing skills. I am also very confident in asking to partake in opportunities I see when given the chance. Getting to know the staff on the floor really helped with this.</p>	<p>Step 5 Conclusion</p> <p>If I were to improve on things, it would be my willingness to open up a lot sooner during my first few shifts. I felt like by me being behind a closed door it hindered my ability to learn a lot sooner. Although I am okay with what I have accomplished so far, opening up sooner would have made me be that much better. However, I am proud of developing my confidence in taking imitative in whatever gets thrown my way.</p>
<p>Step 3 Evaluation</p> <p>At first the hardest thing about adapting to the environment on the pediatric floor was getting over my shyness. I am a very quiet person, so it takes me awhile to warm up to people. As I started to open, I noticed that more opportunities started to open up. This boosted my confidence so because of this, everybody will offer me different opportunities when given the chance. This just showed me that if I open my doors a little, people will start to help me out when needed.</p>	<p>Step 6 Action Plan</p> <p>As I plan on progressing through my last four shifts, I hope to gain more from this experience. During the rest of my time, I will definitely continue to take initiative and develop more independence in taking over my patients care. I want to improve my assertiveness and develop my confidence. If I continue to do so, I feel like I would make the most out of this experience. I will also continue to ask more questions so that I can build my knowledge base to improve my nursing practice.</p>