

# 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. personal / 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>

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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><b>Step 1 Description</b></p> <p>My nurse and I had just walked out of one of our patients' rooms when a physical therapist notified us that our patient was vomiting. We rushed in there and there was watery vomit all over the floor and the physical therapist that was working with her. They said immediately after they got her up she became sick.</p>	<p><b>Step 4 Analysis</b></p> <p>Some medications are hard on the stomach, so they are better to be taken with food to avoid GI upset. None of these medications were super hard on the stomach but the patient was older, and we should have checked that before we gave the medications.</p>
<p><b>Step 2 Feelings</b></p> <p>My first feeling was yuck. Once we went in there and u realized that it was just water, I felt more relieved. Then I was thinking about how suddenly this happened. We were in the patient's room about 5 min prior and the patient was fine.</p>	<p><b>Step 5 Conclusion</b></p> <p>So, the patient did not vomit on anyone we should have given the patients medications a little but of time to settle before we let physical therapy in the room. Next time the nurse and I should make sure that she has eaten something before we give the patient their medications to avoid this from happening again.</p>
<p><b>Step 3 Evaluation</b></p> <p>After talking with the patient and the patient's grandchild we were able to figure out the reason that she was sick. She did not enjoy her breakfast, so she did not eat much of it, then we the patient their medication on a empty stomach. Since the patient was older and more sensitive this was the cause to her vomiting. She only vomited the one time when the therapist tried to get her up.</p>	<p><b>Step 6 Action Plan</b></p> <p>I did learn that even though the patient did not have their medication in their system for that long we cannot readminister their medication because we do not know how much got absorbed. It is super important to take care of nausea before any medication administration, and it is super important to get to know your patient.</p>