

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>In this situation I was able to remove staples from a patient. This happened on the first day of clinicals for this week. I was at the bedside in this patient's room. I was involved in this situation along with two other nursing students, a nurse, a CNA, and the patient. I was working on removing the staples from this patient. I was playing in the nursing role for this scenario. The nursing students and the nurse were all involved in the nursing role as they also removed staples. The nurse also played the role of educator as she showed us and explained to us the correct way to remove the staples. She then watched us as we completed this procedure to make sure we were maintaining the most safety for the patient. The result was the successful removal of all the staples from this patient.</p>	<p>Step 4 Analysis</p> <p>I can apply to this situation the proper procedure for staple removal from my previous learning in sim lab. We recently learned this skill in the sim lab, and it was a great opportunity to practice our newly learned skills. Issues can arise from this situation if the proper procedure for staple removal isn't followed. For example, if the correct supplies are not used than the procedure will not have positive results. This situation was needed to ensure proper healing of the wounds for this patient. There were numerous staples and numerous wounds so making sure we didn't miss any was a major point of emphasis. Other people's experiences could have differed from mine. I believe that the other students' perspective were similar to mine as we all got to take part in this scenario. The perspective of the patient would be different as they were the one going through this scenario. It may have been worrisome given the nature or removing staples from previous wounds.</p>
<p>Step 2 Feelings</p> <p>I felt excited and ready to take part in this unique procedure as it was my first experience with this situation. I was thinking that this was a great opportunity to learn and experience something new. The event made me feel accomplished as I was able to complete this procedure smoothly. The actions of the patient made me believe this procedure would be more difficult to complete. These actions of the patient did make me a little nervous as he was incoherent and made the procedure a little more stressful. I felt that the final outcome was positive as we completed the staples removal with less difficulty than I imagined. The most important feeling I had from this situation is the excitement that I had from it. This was important because it showed that I was eager to try something new even in a less than ideal situation.</p>	<p>Step 5 Conclusion</p> <p>I could have made this situation better by just making sure the patient was more relaxed and calmer for this procedure. Given the situation of the patient I still believe that we did the best we could. What others could have done differently is the way the CNA was handling the scenario. The patient was in restraints and not cooperating well, so it was important to have multiple people help in this situation. However, I believe the CNA could have handled this situation better in not stressing the patient out more. There really wasn't much that I could have done differently in this situation because we were able to complete it successfully. However, just as before making sure the patient was able to be more cooperative for this scenario would be what I should have done differently.</p>
<p>Step 3 Evaluation</p> <p>What was good about the event is the fact that we got to practice a skill that we had recently learned in sim lab recently. What was bad was the state of the patient. What came easy was the removal of the staples especially after the removal of the first few staples. What was difficult was maintaining composure as the patient yelled and moved around during the procedure. What went well was doing our best to get the patient to remain as calm as possible during this procedure. It was not completely successful, but it was enough for this scenario and patient. I did well in making sure to minimize pain in this procedure for the patient. Others did well in making sure the situation was completed even in a chaotic situation. I did not expect a different outcome as I was confident in all our abilities to get the job done. What went wrong or unexpected was the actions of the CNA. I feel that he may have made the situation a little more difficult than need be by seeming to agitate the patient. I contributed by removing staples and assisting in others while they removed staples.</p>	<p>Step 6 Action Plan</p> <p>I think overall this situation was a great lesson in doing a new skill and dealing with a patient that was not as cooperative in this scenario. A conclusion I can draw from this situation is the importance of having a solid approach in a less than ideal situation. I can justify this because as a nurse you will always have to deal with different and difficult scenarios. In hindsight I would try and talk to the CNA in a professional manner to try and take a different approach with this patient. This is because the patient seemed more agitated with an already scary situation to be in. Even with the state the patient was in, it is always right to make sure the patient receives the best possible care. I can use these lessons in the future when dealing with patients that need more precautions and when to communicate to other healthcare team members certain concerns involving patient care. It is important to respect patients when providing care, no matter what they may be going through or gone through in their past. I believe this is a big part of the nursing profession so that you can provide the best care without bias.</p>