

# 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> This Christmas break, my husband's aunt was hospitalized and passed away the day after Christmas. We had her funeral the Saturday before school restarted. That following morning, I woke up with a terrible headache and what felt like a sinus infection. That morning, we were told someone in the family had tested positive for COVID, so we all got tested as well. Luckily, my husband and daughter were negative, but I was positive.</p>	<p><b>Step 4 Analysis</b> Since my husband had COVID barely a month ago, we were pretty prepared to be in COVID mode again. I have been sicker than my husband was, so It has been interesting seeing how differently the virus effects different people.</p>
<p><b>Step 2 Feelings</b> My first feeling was frustration. I also naively thought I was sort of immune to getting it, as silly as that sounds. Since my husband had it and I didn't get it while I was staying in the same house, I thought there was no way I would get it. I am also really sad because I am going to miss half of this module, and I really dislike missing school.</p>	<p><b>Step 5 Conclusion</b> I am not sure how we could have made the situation better. Because of what happened over thanksgiving break with my husband getting COVID, we were very careful about limiting where we went and who we saw. However, we couldn't avoid going to see his aunt before her passing, and we were not going to miss her funeral.</p>
<p><b>Step 3 Evaluation</b> There was not much good about this event. I would say it is 95% bad. The only thing that is enjoyable is being able to spend time with my husband and daughter.</p>	<p><b>Step 6 Action Plan</b> I think this overall situation has shown me how lucky I am to be in school and how much I enjoy being there. I was very quick to groan about long lectures or clinical paperwork, but now I cannot wait to get back to doing those things. I will take this feeling and hopefully feel glad to be in school every day that I am able to.</p>