

# 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> I had good experiences these past two days in clinical, but I think overall, the most impactful experience happened on my second day. I got to the floor to find a new patient on my list who was covid + and had been having a very hard time getting better, to say the least. While sitting on high flow oxygen, they were still only sating at around 82-85%. After a tiring fight with covid, the patient had decided it was their time to go and they wanted to move forward with the process of withdrawing care. Starting early in the morning and continuing throughout the day family members trickled in, one after the other, to say their goodbyes. The family was to have a meeting with the patient's doctors that afternoon and after that, they were going to come in with the patient to begin weaning them off the oxygen, while keeping them comfortable.</p>	<p><b>Step 4 Analysis</b> After receiving report on this patient and hearing about the incredibly difficult decisions they made, it was hard not to feel uneasy. My nurse had a very hard time dealing with the situation and understanding how someone could withdraw care so confidently. I told them it's hard to know what goes through one's head when they get to that moment in life. I think that's really something you just can't fully understand until you're in the position yourself. When you're exhausted and you've tried all that you can, it's hard to know what's next. Either way, it's a hard concept to grasp. The most important thing in a situation like this though is that you do everything you can to honor the patient and their wishes. For me, personally, I lost my uncle to colon cancer in 2017. He spent two weeks in the hospital before he eventually passed. From a family point of view, all I could remember about his nurses were how involved they were. They had come to know us and so they were fully present with us and loved on us every chance they got. It was actually that experience that led me to choose nursing. It will always be a true honor to me to spend someone's last moments with them and I just hope I can bless another family like my family was blessed by my uncle's nurses.</p>
<p><b>Step 2 Feelings</b> Initially when I was told in report about the situation and what my nurse and I should expect from the day, I wasn't sure how I felt. There's no real good way to feel about someone passing on, especially as a caretaker that wants nothing more than to help others get better. Unfortunately, this patient just wasn't getting better, and likely wasn't going to even if they decided to continue with their care. It's an honor unlike any other to get to be apart of someone's last moments, and even more so when that person hasn't even known you for more than a day. A person's last moments, last days, last anything are incredibly important and getting to be a part of someone's transition from life to death almost feels sacred. Although I began not knowing how I felt, as soon as I laid eyes on the patient, all of that changed. I felt sad and I didn't want to leave their room, as if this were suddenly my family member. Although their family had been in and out all day, any moment they were by themselves, I wanted to be there. I wanted to do something to help, anything, but in a situation like that, there's not really anything to do other than to be fully present with the patient and the family.</p>	<p><b>Step 5 Conclusion</b> This situation was such a hard one. You want to jump into action and do what you can, but the patient and their family didn't need that. They just needed their togetherness to get by. I still feel like there was more I could've done to help, but I also know that in that moment, a stranger coming in when you're trying to have your last moments with loved ones isn't always best. I will say though that with the little that we could do, the CNA for that patient was phenomenal. The CNA chose to jump into action, but in the best possible way. They brought the patient a new hair tie, some lotion, and a comb, to help the patient smell good and feel human again. Such a simple gesture that came from such a good place and although I didn't see the families' reactions to that, I did hear it and it sounded like they were as proud of it as I was. With the impact that COVID's had on the world, it's hard not to look a death and feel absolutely numb. No person's death is easy, and you don't forget it. Whether they're family or not, death is unlike anything else. I know for a fact that this patient will always stick with me. The kindness, gratefulness, and just pure grace they showed in their last moments was unlike anything I'd ever seen, and it just reminds you that there can still be beauty in such loss.</p>
<p><b>Step 3 Evaluation</b> The good in this situation is that the patient was going out on their own terms. They were able to make all the necessary arrangements, able to see their family and say their goodbyes. Not everyone gets those last crucial moments, so I think that was a real blessing for everyone involved. All day, the patient was reminiscing on their life with their loved ones. They would laugh and they would cry, but more than anything that room was just filled with so much love at any given moment. Honestly, I didn't do much in regard to this patient and their care because I wanted to give them their time. It wasn't my place to interrupt and try to squeeze in, but also, there wasn't much one could do. What I was able to do though was sit and pray with them and their doctor and afterwards I sat with them quietly when the room was empty. The patient told me how grateful she was for my nurse and I's help and that we were their angels. They talked about how proud they were of their family and how everyone was just so good. Although I've experienced death both personally and professionally as a CNA, I can genuinely say that I've never experienced someone so clear minded and at peace with what was about to happen. They were grateful beyond belief for the time they had, and it was a true blessing to witness.</p>	<p><b>Step 6 Action Plan</b> Overall, I think for a situation to have to happen, this one couldn't have gone better. There was a sense of peace to be felt when you walked into the room and there's really just no better way to describe it. The patient even looked at my nurse and I at one point and asked us if we were scared. Taken aback by the question, I instinctively shook my head no. I told them, "I'm not scared, because you're not!" The patient agreed and said that they were ready. I think after the year myself and even the world has had, I needed to be in this situation, as odd as that may sound. Every now and then, I think it's important for us to be shown the good in the bad situations. It's so easy to get caught up in the world we're in now and look at things with such sadness. Some of the hardest of situations don't need that though, because although sad, there's still some good to be seen and think we all need a little more good. I don't think I would've done anything different in this situation, I felt as though my moment talking with the patient one on one was one of the best things I could've done. I do think though that thanks to this patient I have a little more insight on how to handle situations like this one in the future and I just can't say enough what a blessing they were to me in the short time I got to share with them.</p>

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