

# 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. personnel / 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>                  My overall expression on this week's simulation was educational and superb. I got to experience new things and do several things as a nurse, observer, and mapper. In addition, I think the simulation was a great learning opportunity since we got to practice as a nurse for our simulation patients.</p> <p>At first, I was nervous because it was different from what we had been doing so far. I thought prioritizing a patient care plan would be challenging; however, the simulation went better than expected. We were given a scenario during simulation, and based on that, we had to act as nurses. I thought it would be tough, but preparation gave me the direction on what to do. I am satisfied with the results of my actions during the simulation.</p>	<p><b>Step 4 Analysis</b>                  Although this simulation event was just a practice, it seemed like we were taking care of actual patients. In the simulation, we had to act as nurses and make care plans for our patients. It was challenging and required us to think like nurses. I was nervous at the beginning of the event, so what I can apply from this situation is to calm and do things confidently instead of being timid. We all experienced differently about this simulation, but we each learned what we could do to improve ourselves.</p>
<p><b>Step 2 Feelings</b>                  I was feeling doubtful and asked myself whether I would do well and know what to do for my patient? But we were given time to prepare and the scenario, so it helped us decide what to do for our patients. We also worked in pairs as nurses, so it allowed us to talk about patient care plans and catch the things we missed during patient care. Working with teams and preparation made me feel confident during patient care because if I missed something, my friend could cover the things I missed and vice versa. Most importantly, we can discuss patient conditions and provide the best care for our patients.</p>	<p><b>Step 5 Conclusion</b>                  I believe I could make the situation better if I were a bit calmer and trusted in myself. Unfortunately, I was nervous, so I missed things during the simulation. Nevertheless, it was great because it allowed me to reflect on my actions and see what I could do to improve myself. I think others could make the situation better too if they were a bit calmer and trusted in their selves. We were all nervous, so we missed things.</p>
<p><b>Step 3 Evaluation</b>                  For me, the whole event was great. It was a meaningful and wonderful learning event. I felt uneasy initially, but the preparation and scenario provided enough information on what to do for our patients. I also find that debriefing after the scenario was helpful. The feedback allowed us to reflect on what we missed and see what we can do in the future for our patients.</p> <p>During the preparation, my friend and I read the patient information and discussed what was wrong. From there, we come up with plans on what we should do first to take care of patient situations. Also, during patient care, we discussed what medications to give based on the patient's symptoms. I think doing these helped us.</p>	<p><b>Step 6 Action Plan</b>                  Overall, the simulation event was terrific and purposeful. Everything was necessary and detailed. Scenario, preparation, and debriefing were helpful because they made us think, reason, act as a nurse. During the simulation, I encountered different or unexpected situations where patients and family members were doing things they were not supposed to do. Honestly, I did not know what approach was best to handle it, so I calmed down and advocated for my patient. Nurses must act professionally and advocate for our patients no matter what. Therefore, the most important thing that I learned from today's was to think and act professionally as a nurse.</p>