

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. personnel / 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>I was taking care of a patient that had a wound dehiscence from a below the knee amputation. She was going to go to hydrotherapy to change her dressing on it. I was able to assist the hydrotherapy nurse a little and be moral support for the patient. She had told me that she was very sensitive to pain in her stump and the last time she went to have it changed was bad.</p>	<p>Step 4 Analysis</p> <p>A big issue that could arise from this is introducing some sort of bacteria into the wound and it get infected. She is a diabetic and in end stage renal disease which is already slowing her healing process so adding on to that would just be a bad combination.</p>
<p>Step 2 Feelings</p> <p>At first, I was excited to be able to see how her wound was and how the hydrotherapy was going to go since I had never seen a wound vac dressing change. I was thinking in my head that this was going to be so cool and interesting to watch. Watching how the nurse would just cut the foam pieces made it a simple thing when I thought it was something so much more complicated than that. I was really surprised at the final outcome of the dressing change with it being just foam some tape and then hooking it back up to the suction which then shrinks the foam down into the wound.</p>	<p>Step 5 Conclusion</p> <p>I think what could have made the situation better was that if the pain medication had kicked in a little bit earlier, she wouldn't have been in as much pain as she was. After a while into the dressing change, she said she could tell it was finally kicking in, but it was already towards the end of it. I learned that sometimes things aren't as complicated as they may seem even with fancy devices attached to them.</p>
<p>Step 3 Evaluation</p> <p>I think what was good about me being able to go to hydrotherapy with the patient was that I was able to kind of help take her mind off the pain for a little bit. It may have not been much, but she did say that it was a better experience than when she first went down to have it changed. I think what was bad was when the nurse had to remove her old bandage. I know its hard to take off any kind of bandage, but I think that would be the worst part of dressing wounds.</p>	<p>Step 6 Action Plan</p> <p>Overall, I enjoyed the situation because it was a learning experience that I will take into consideration when other patients have wound vacs. Going to hydrotherapy has taught me that there are many other options to being a nurse. This will further improve my practice in the future because I have seen how the dressing are placed and what I can do to if something happens to the dressing.</p>