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.

Step 1 Description

A description of the incident, with relevant details. <u>Remember to 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

- 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?

Step 4 Analysis

- 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'

Step 2 Feelings

Don't move on to analyzing these yet, simply describe them.

- 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?

Step 5 Conclusion

- 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?

Step 3 Evaluation

- 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?

Step 6 Action Plan

- 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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Step 1 Description
Last week during clinical, I volunteered to work with COVID patients. Having done this before as a CNA, I felt confident in doing so and thought everything would be fine. Unfortunately, the nurses I worked with while taking care of the COVID patients were admittedly sick. Coughing, sneezing, blowing their noses, all while around myself and other coworkers.

Step 4 Analysis
COVID numbers have continuously been on the rise, especially as of most recently. According to the Lubbock Health Department, numbers spiked on January 3rd and have continued to rise ever since. People are getting sick left and right and unfortunately, people are still going about their daily business as if nothing is going on. People have stopped wearing masks and social distancing. So, COVID is unfortunately being spread around like wildfire.

Step 2 Feelings
During clinical, I was frustrated. I had and still have a very hard time understanding why people would come to work to take care of sick people while also being sick themselves. After testing positive for COVID, I was understandably angry, and I honestly have still yet to come to full terms with the entire situation. Being the sibling of a cancer survivor who is still undergoing treatment, no words can accurately describe how I have felt since receiving a positive COVID result. Since my brother was diagnosed with cancer, I shut down everything. I stopped working to take care of my most important patient and I stopped living my life. I go to school now and I come home and anywhere else I go I typically have a mask and anxiety in tote. So, for me to have picked up a sickness that I have lived the past two years fighting to avoid, while doing something for school, is really hard to come to terms with.
I will never not be proud to take care of any patient I have the honor of taking care of. However, I don't know that I'll ever be able to fully understand taking care of another person's life while knowingly being sick myself and putting said patient at an even higher risk.

Step 5 Conclusion
Unfortunately, I don't see COVID going anywhere, anytime soon. I believe it's here to stay, much like many others believe. So, that leaves us with picking up the pieces and figuring out how to move on with our lives. I know all too well how difficult even the thought of that can be. Since the start of the pandemic to now, I've become a germaphobe. I've lost who I once was, and I don't quite know how to establish a new normal that accepts COVID for what it is. As for the situation where I got sick, I don't know that much could've been done to prevent that. Working in close proximity with sick colleagues, it's hard to avoid catching what they may have. The only obvious way to prevent something like this would be to ensure that no one comes to work or anywhere else while sick. We all know how unlikely it is though for everyone across the board to know that being sick should be an automatic reason to not go around other people.

Step 3 Evaluation
There's nothing good about this situation. COVID has torn apart our world and broken even the strongest of people. It's caused more death and sadness than I think anyone could've ever expected. Having to be locked away by yourself for days on end while everyone else still gets to live out their lives really doesn't do anything good for a person's mind either. Personally, I'm typing this while being locked in my room, away from my boyfriend and two dogs, on my boyfriend's birthday. To top it off, I feel worse today than I have throughout the entirety of being sick.

Step 6 Action Plan
Considering I'm currently still sick while typing this, it's hard for me to say what my complete feelings are or what an action plan might be. In this situation, I don't know that there is much of one to be found. People are still going to get sick and come around others, exposing them to the same sickness. It's hard to know where to go from here, especially considering the whole world is still learning and adapting to an ever-changing virus. I think at this point all we can do is take it one day at a time.