

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. personal / 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>Today at clinicals, one of the patients that I was helping with had multiple pressure injuries. Most of his pressure injuries were fairly small with the exception of one. The pressure injury on his hip was massive. It was approximately six inches across and tunneling. My nurse allowed me to help her with the dressing changes and when we removed the dressing on his hip, I could see muscle and connective tissue. The chart said that this injury was a stage 4 pressure injury but my nurse said that it was healing so it could be considered a stage 3 pressure injury.</p>	<p>Step 4 Analysis</p> <p>In this situation, I already mostly knew what to do from lectures and simulation labs in school but my nurse was there to answer any questions that I might have or correct me before I did something wrong. I was able to use my knowledge, from previous experiences with much smaller wounds, to help me correctly care for this patient's wounds and dressings.</p>
<p>Step 2 Feelings</p> <p>I enjoy doing wound care, so when my nurse told me that we would be doing multiple dressing changes, I was excited. When we got into the room and removed the dressing, I was shocked to see how massive the pressure injury on the patient's hip was. As the nurse lifted the soiled dressing, I could see the patient's skin lift away from the wound and I could see where the wound was tunneling. I was shocked and amazed that the patient was not in excruciating pain and that he could lay on that side. My nurse walked me through the steps of the wound care and we completed it with no issues.</p>	<p>Step 5 Conclusion</p> <p>I probably could have made this situation better by asking my nurse if she would allow me to gather all of the necessary supplies and do the majority of the wound care by myself. This event taught me that some patients are tougher than they look and you need to be extremely careful when removing an old dressing because if you just pull it off, you could end up hurting the patient even more.</p>
<p>Step 3 Evaluation</p> <p>Having the opportunity to complete the wound care for this patient was an amazing experience for me and the support of my nurse and her willingness to teach me how to properly do a dressing change made the whole experience even better. I was extremely happy with myself for not hurting my patient when I changed his dressing and for completing the wound care correctly.</p>	<p>Step 6 Action Plan</p> <p>Overall, this situation was an amazing learning experience for me and I was able to see the biggest pressure injury that I have ever seen in my hospital experience. I think dressing changes and wound care are an extremely common skill in nursing and this opportunity will allow me to know what to do for pressure injuries of every size.</p>