

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>I was with my instructor and we were told to go change a PICC line dressing. We went to the supply room and grabbed two different kits and went to the patient room. I decided which kit to use and I successfully changed the dressing.</p>	<p>Step 4 Analysis</p> <p>It is very important when changing a CVAD, or PICC dressing, to maintain sterility throughout the entire dressing change. Breaking sterility will increase the chance for the patient to get an infection which is extremely dangerous because the line leads right to the heart. My instructor and I grabbed two types of dressing change kits. One for sutured and non-sutured. After looking at my patient's line and saw that the line was not sutured into her skin, I proceeded to use the non-sutured kit. I am not exactly sure what the difference is between the two except for that the non-sutured kit comes with an adhesive piece that clips the line to the adhesive and then sticks to the skin so it does not move around.</p>
<p>Step 2 Feelings</p> <p>I was nervous at first when she asked me to do it, but I was also confident because I had already changed one in the past. I was nervous because I know that this type of dressing change is sterile and I didn't want to mess up because I knew that if I did, it could increase the chance for the patient to get an infection.</p>	<p>Step 5 Conclusion</p> <p>I have learned that when you are confident in what you are doing, everything will go smoothly. I was confident that I would do good because this wasn't my first time changing a sterile dressing on a patient. If it was my first time, I might have been super nervous. I was very pleased with my instructor as she helped me position the patients arm in a way that nothing would be in the way.</p>
<p>Step 3 Evaluation</p> <p>The good thing was that I successfully changed the dressing without breaking sterility. What was surprisingly easy was putting on my sterile gloves. When first learning how to put them on, my hands would get so sweaty, especially if an instructor was watching me. I slipped the gloves right on and did not have any problems with them. After putting on my sterile gloves with ease, I was more than 100% confident that I would finish the skill successfully.</p>	<p>Step 6 Action Plan</p> <p>Overall, I am very glad that I changed the sterile dressing. When I think about doing them its very satisfying but I also get nervous because I think about all the things that could happen for me to break sterility. Its crazy to think that In module two I learned how to do these skills and now I am in module 4, putting the skills that I learned into real life.</p>