

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>This week I was at Sim lab. The students were assigned different scenarios. I played the role as the nurse several times as well as the observer being able to talk as the patient. As the nurse I review the patient's chart and get report. I look at the labs, medications and any new orders. As the nurse you must plan and decide what needs to be done first. We were able have a partner with us during our scenarios which I feel helped with feeling nervous and scared. My classmates would be observing and writing out a care map. They would observe and see what was done correctly and what needs improvement. I gave medications, did assessments, and did almost everything I would as if I was seeing a real patient at the hospital.</p>	<p>Step 4 Analysis</p> <p>I was able to put in a NG tube during clinicals so I had a little more confidence I would say on this topic than some of my classmates. The nurse was very helpful and a great teacher, so I felt comfortable doing it. I know with an NG tube the patient needs to have the head of the bed always elevated. During the scenario the patient ask if he can lay down to take a nap and the nurses said not yet because his oxygen was low. So, the patient asks if my oxygen gets better can I lay down, they said yes. This was just because they did not know or remember with an NG tube patient should not lay flat. If this was a real patient in the hospital, aspiration would have been likely to happen arising another issue for the patient. This is one of the reasons I liked this scenario because of the teach back opportunities it gave on crucial points we all needed to learn about.</p>
<p>Step 2 Feelings</p> <p>I felt nervous and overwhelmed because I didn't know what to expect at SIM lab. I always get anxious thinking about someone watching me while I perform and act out the scenario. I felt scared I would forget something and mess up. Once I finished the first scenario, I felt more confident with my skills as well as in myself. My teacher was very easy going and made learning fun. I felt relaxed with her and not as scared as I did in the beginning. I worked well with my classmates. My partner I had in two scenarios we seemed to understand one another more and I enjoyed having her as my partner. We set the scene together well and sort of almost like we knew what the other one was going to do.</p>	<p>Step 5 Conclusion</p> <p>I could have reviewed over medications and certain skills more. I really need to focus on certain foods for specific diets so I can educate my patients on. I feel like I slack in this area and can really improve on it. In the NG tube scenario just having a better understanding of it and patient safety for all my classmates and myself. I also feel some classmates need to go over the NII's and remember to do assessments and vitals before certain medications. As well teaching on the medication. We can all improve on these points to become better future nurses for our patients.</p>
<p>Step 3 Evaluation</p> <p>The whole lab scenario was good in my opinion. The last one in general patient Childress who had a NG tube in. That topic seemed to be the one we as a class struggled more on so having it as a scenario and learning from it was very helpful. Dr. Nesbit reviewed specific steps about the NG tube, setting the suction up and crucial information about patient safety. The classmates who had this scenario did struggle in some areas regarding the NG tube but again My teacher was very helpful and understanding. She seen it as a teach and learn opportunity. What my classmates did not understand or know they quickly realized it and would make the decision to call the doctor to clarify and get a better understanding which was good.</p>	<p>Step 6 Action Plan</p> <p>I would study my NII's more and pay closer attention to patient safety and the critical elements. You never know what you will come across so its important to at least have a baseline. What I would do differently is be more on top of my teaching on diet for the patient so I can give specific food choices. I feel I struggled a little on that part. As well as the I.S I gave the wrong instructions on how to use it. I got it mixed up with the spirometry. I will review the material on those topics to be a better teacher for my patient. I will use this experience in real life during my future clinicals. I can remember what I did during the scenario and the feedback given by my teacher and use it while I am taking care of a patient. If I have a patient that has pneumonia and COPD, like one of the scenarios, I can recall what I did. I can recall what my teacher advised. On this scenario I seen the patient's oxygen was low and his was laying flat. I immediately raised the head of the bed, put his oxygen back on and asked him to take slow deep breaths through his nose. I really enjoyed the SIM lab scenarios and gain great knowledge and confidence because of them.</p>