

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>First week impression of S7, it was a good time. Tuesday first day is always like being the new kid in class. You have to get to know everyone, and they must get to know you. I feel a little more comfortable working with the pyxis. Both my nurses did a great job of guiding me through pulling my morning meds without being overbearing. By Wednesday I felt that much better about the way I pull and prep my meds.</p>	<p>Step 4 Analysis</p> <p>I find myself asking, "What would the prudent nurse do?" It's all I can think about, trying to cross my T's and dot my I's. Not perfection but growth, as a student I'm constantly learning. I'll try and take some of what Rafael does better than I do and use it to help get better. He's definitely more organized. His flow seems a little more natural, from verifying the pt. to opening each med, he's very purposeful. I hope to be more like him in that regard very soon.</p>
<p>Step 2 Feelings</p> <p>Day one of clinicals for this module I was nervous. When you get to be the one pulling and verifying REAL meds for YOUR pt. it's a little intimidating, but my nurses did awesome building me up. It felt good to go through an entire process of pulling and prepping my meds. You really get a feel for just how much the "little" things make a big difference. Cleaning the med box, priming your tubing, getting into a routine, they really do help when you get into your Pt's room.</p>	<p>Step 5 Conclusion</p> <p>With each new module comes new feelings. Of course, there is a certain level of confidence but at the same time how can you not be nervous? We are on different floors with a new instructor, and they too have a new group of students. Week one in the books and it felt good! Both my nurses on S7 where great, knowledgeable, and enthusiastic. They showed me what to do then let me get my hands dirty. I know it's really early but, I feel like I'm starting to put it together. I really feel like I've seen growth in not only myself but my classmates as well. Using the pyxis isn't quite as intimidating as it was the first time. Interacting with my Pt's and their families feels a little more natural and I think it shows. Of course, I have so much more to learn but that's what excites me.</p>
<p>Step 3 Evaluation</p> <p>As I, my nurse, and Rafael go into each room doing things the same way helps keep me on task. Each pt usually needs something different. If I keep my routine the same, it's easier to accommodate their individual needs for the most part. As the morning wore on it was a little easier but there is always that unknown factor you have to be ready for. If I can take care of med pass, they are free to address whatever else our pt may need.</p>	<p>Step 6 Action Plan</p> <p>How can I be better? More practice, each day on the floor is a chance to learn something new. Learn as much as I can from anyone willing to teach me. Absorb not only what the RN shows me but my classmates and pt's as well. My goal is to try and take something from each interaction and use it to become a stronger nurse in the future.</p>