

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 in clinical I had the opportunity to assess an elderly patient. This patient had an NGT on left nostril. It was very hard to communicate with this patient because the patient was finding it difficult to speak with out pain. The patient was quiet most of the day but when I went in the room to check on the patient, I noticed she had a grimace look. Since the patient had a hard time speaking, I decided to ask open ended questions and put my fingers up and asked her what her pain level was and had the patient point to my fingers to tell me what her pain level was. The patient had a pain level of 7 in the mouth. I looked in her mouth and found that she had a white thick thrush like substance in her mouth. The patient also had a sore throat. I spoke to her nurse and let her know what my findings were. I thought about nursing interventions that could help this patient while we were waiting to see what the physician wanted to do.</p>	<p>Step 4 Analysis</p> <p>This experience opened my eyes to how important the communication from nurse to patient really is. I learned in module 1, that communication was prime when you are taking care of your patient. I learned that there are so many ways to communicate with another person. For example, I used open ended questions and my hands to get my patient's pain level.</p>
<p>Step 2 Feelings</p> <p>When I went into to the room to assess this patient, I felt so bad for her because I noticed the day before that she really did not complain about pain to her nurse. This was concerning to me because she had a large incision in her abdomen. I could tell that this patient was just so tired and wanted to sleep most of the day. This patient was very kind and tried to help us as much as she could and seemed like she just didn't want to complain.</p>	<p>Step 5 Conclusion</p> <p>I think if our nurse did an assessment of the patient's mouth, she would have caught this abnormality sooner. From this experience I have learned that when you do an assessment not to skip over anything because this could have gone on longer with out anyone knowing and could have been worse. I learned that it is always better to prevent an infection then to fight one.</p>
<p>Step 3 Evaluation</p> <p>I think the good thing about this event is that my nurse did not know this patient was experiencing thrush like symptoms and I had the opportunity to assess the patient's mouth and discovered an issue that I can help with. It was difficult to assess a patient that had trouble communicating.</p>	<p>Step 6 Action Plan</p> <p>This experience overall made me feel confident in what I am learning. I have seen so many nurses get so busy with other patients and co-workers, but it is so crucial to assess your patient for any abnormal findings. Having communication skills and problem-solving skill is very important to have and get better at.</p>