

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</p> <p>A description of the incident, with relevant details. <u>Remember to 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' perspectives?
<p>Step 2 Feelings</p> <p>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?

Covenant School of Nursing Reflective

Step 3 Evaluation

- 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?

Step 6 Action Plan

- 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?

Covenant School of Nursing Reflective

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.

Step 1 Description

I helped one of my fellow classmates to help clean up a patient that was inconvenient. I was helping her move since she was not able to move all on her own. She was in the hospital for a broken hip, but before that she was in the hospital for west nile and had many more complications. She was very thankful for us helping her. She said she has been in the hospital since august and has not received the best of care at times. Something so small, such as helping this lady move and having patients with her, made her day.

Step 4 Analysis

You could tell the patient was very thankful of us helping her and being patient enough for her to try to move on her own. Something so small made her day. She was telling us all about different things that had happened in her life; you could tell she just wanted someone to talk to.

Covenant School of Nursing Reflective

<p>Step 2 Feelings</p> <p>In the beginning I was honestly kind of nervous helping her move, since she had a broken hip. Some of the patients I have had in the past with a broken hip, were mean and angry because when we tried to help them move it hurt. But, this lady was very nice.</p>	<p>Step 5 Conclusion</p> <p>I learned from this event that it honestly takes hardly anything to help a patient and make sure they're getting the best care possible. We were just changing her bed and brief, so it is hard to say we could have done something different to make the situation better with something so simple.</p>
<p>Step 3 Evaluation</p> <p>I think the whole situation went really well. The patient was able to roll over on her own; she just needed something to hold on to and it took her a long time, but she got the job done. I don't think I would have changed anything in this situation.</p>	<p>Step 6 Action Plan</p> <p>I think that the event went well. I think it taught me a very good lesson on how I want to live my nursing career. I don't want to seem too busy for my patients and be short with them, or be in such a rush that I am not giving them the best care that they deserve and need.</p>