

## 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><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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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><b>Step 1 Description</b></p> <p>The situation that I took part in was completing a procedure on a patient. This happened on Wednesday of our clinical week. This took place in the patient's room. The nurse was there with me during the duration of this skill. I completed the procedure of removing a JP drain from a patient. I was playing the role of the nurse during this situation. The nurse was acting as the educator in this situation as she helped me through the completion. The result was the successful removal of the JP drain.</p>	<p><b>Step 4 Analysis</b></p> <p>What I can apply from my previous knowledge is the importance of following correct procedure when dealing with any procedure in the hospital. Therefore, I am grateful that the nurse was there to show me the correct way to complete this procedure. It was important to try and keep this removal as clean as we can. This is done to prevent infection or any other adverse results. The nurse made sure I maintained the proper precautions so that I could ensure the proper safety for the patient which is the ultimate goal.</p>
<p><b>Step 2 Feelings</b></p> <p>I felt excited at the beginning because I would be able to complete a skill that I had not previously completed. I was thinking that this would be a great opportunity to learn and practice a new skill. The event made me feel accomplished because I was able to complete this procedure successfully. The nurse was very helpful and encouraging during this whole procedure. This was helpful in me maintaining confidence and completing this procedure. My most important feeling was the excitement I got from getting to do something new in the clinical setting.</p>	<p><b>Step 5 Conclusion</b></p> <p>I could have made this situation better just by being more confident with this situation. I did not have as much confidence as I should mostly because it was first experience with this. I believe this will only come easier as the more experience I get just as anything else with nursing. My confidence will only grow as I complete more skills and have more great learning experiences such as this one.</p>
<p><b>Step 3 Evaluation</b></p> <p>The good part of this event was the opportunity to complete a procedure to expand on my experiences in the clinical setting. There was not really a bad part of this situation. What was easy was just being able to work with the nurse during this procedure and learn along the way. It was a little difficult just to start and do the procedure just because it was my first time completing it. The outcome was the one that I had expected. This was because I was confident that I would be able to complete it along with the help of the nurse. The nurse was great in teaching me and guiding me along this process.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think overall this was a great learning experience for me to experience during clinical. I appreciate that nurse was so patient and helpful with completing this procedure. The week did not have many opportunities to work on skills, but the nurses were still very helpful and welcoming when it came to helping where they could. This helped my overall learning experience and allowed me to be comfortable in the clinical experience this week. I will use the knowledge of this skill whenever I get the opportunity to do it again. I know it takes repetition to become comfortable and I hope to become exposed to more skills opportunities throughout clinicals.</p>