

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> <ul style="list-style-type: none"> - A patient came in post op and had a hematoma near the surgical site on the left outer thigh. My nurse came and grabbed me to help assist her with a “spica cast” type of wrap. This wrap technique was used so that there was continuous pressure to the hematoma. I helped my nurse by rolling the patient from side to side to get the wrap around both of her thighs and stabilize them. 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> - I applied this situation to what I have learned so far about hematomas in class. So far what I have learned about hematomas is that they basically are bruises that have leaks from blood vessels and can become very severe and lead to more complications. Something that was taught during CV/PV was that after surgical procedures, us as nurses are supposed to monitor for hematomas but also teach the patient that if they were to feel a pop, pain, or bleeding near the surgical site to report it.
<p>Step 2 Feelings</p> <ul style="list-style-type: none"> - When assisting with this I felt nervous. I knew that the patient was already post-op from surgery meaning that they were probably already in pain. When applying this wrap, we had to roll the patient back and forth meaning that we were causing more pain. And that is something that I wanted to avoid, but it was impossible. The patient was very helpful in a way that they were reassuring us that they were okay. This made me feel more at ease and made it easier to turn the patient. 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> - Something I would have done differently would have been to have more confidence in myself. If the patient it already in pain and they have a nervous nurse, it could cause them to initially panic. In this case nothing went wrong, and the patient could not tell that I was nervous. I would also ask for more information about the situation before doing the procedure, instead of asking after, like I had done. We were in a rush to do it so I also did not get to ask many questions in advance.
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> - Something good from this was that I had never done a wrap like this before. This wrap was somewhat difficult but also simple to do. The nurse, the patient, and I all worked together to get it done in a fast but neat and complete manner which was what had made it easier. Doing the wrap went well and there were no unexpected outcomes. 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> - This situation was interesting in a way that I had never seen it be done before. Even though it was simple wrap, it was very important that it was done in order to prevent further complications. I will be able to use this wrap technique in the future if there are any other hematomas.