

# 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>  A 69 years old male patient was admitted on Tuesday at 0830 and was diagnosed with Pneumonia and COPD. I was assigned as one of the nurses and upon entering the patient's room, I was tasked to get the vital signs and perform a lung assessment on the patient. I also administered Levofloxacin through IVPB and Ipratropium puffs for our patient, while my colleague administered other PO meds and gave some patient education regarding exercises to help our patient breathe more effectively because our patient was having difficulty breathing at the time of assessment. I also made sure that the oxygen line was connected properly because our patient's O2sat was a little low for COPD patients. Some of our classmates performed as observers, and some were map discussion leaders. We were able to help our patient on his difficulty of breathing and were able to administer the medications that are required at that time.</p>	<p><b>Step 4 Analysis</b>  I was able to apply the basic trainings that we learned from previous modules especially the knowledge of getting the vital signs first and doing the assessment first before administering the medication. Having knowledge of the pathophysiology and the lab values that are affected by the disease helped us identify what should our priorities be and also to determine what kind of assessment should be done on our patient. Our patient had difficulty breathing as expected of a COPD and pneumonia patient and we were able to address that right away and the possible complications that will arise in case of not being treated right away. Some of our classmates' cases had complicated problems that have happened that even I did not expect to happen. Others' opinions have contributed to the process of learning in this event, and they are very valuable because it is not just the positive things that you did as a nurse but also the flaws or mishaps that you missed to do as the nurse.</p>
<p><b>Step 2 Feelings</b>  I was feeling anxious and nervous at that time because it was my first time performing an assessment and doing medications on a mannequin while being observed by others and an instructor. It was a feeling of nervousness all in all but I managed to perform my tasks really well as far as I can remember and no injury or we were able to keep our patient safe, that is all that mattered. My colleague was so natural in acting as the nurse while I almost ran out of words when I was trying to educate my patient. Everyone in our group was very supportive and it made me feel at ease after we were done with our assignments. The most important feeling for me is anxiety because it made me less comfortable with the things that I should do and have done already in the past trainings.</p>	<p><b>Step 5 Conclusion</b>  I could have made the situation better by also checking my patient's clubbing of the fingers as part of the assessment of the respiratory to check if there is enough oxygenation. Other than that, I think I and my partner did great with the situation provided to us. Others have also done their part while we were doing the role of the nurse and I think they helped us in a way that we received so much feedback from them. I would not do any differently because playing certain roles in this situation helped me to gain knowledge and experience. I learned from this event that not everything you expect as the good outcomes by the end of the day will be given to you. Lots of complications may arise and you would need the help of your team no matter what to get through the problem.</p>
<p><b>Step 3 Evaluation</b>  I think the best thing about the event is the debriefing process after we have done our assignments because it helped us breakdown the disease process and helped us understand why certain signs and symptoms of our patients are manifesting. All parts of the event, I would say, are actually good and none of it was bad because we were able to learn and as long as we are learning, that is all that matters to me. It was easy to be an observer and it was difficult to be the nurse. Everything went well for our group; others had some difficulty especially when their role was to be the nurse because certain complications had suddenly appeared that were unexpected. I expected the same outcome as the result that we had after we assessed and treated our patient. I did the vital signs and respiratory assessment of our patient, and I also administered some drugs on him.</p>	<p><b>Step 6 Action Plan</b>  This situation provided us a way of learning different compared as to when we are in the classroom or in the hospital clinicals because as we finished role playing as the nurse, we were evaluated right away, and we were able to identify what went well and what did not go as planned. We also learned to eliminate possible causes and possible nursing diagnosis thru the help of our classmates. I would not do anything differently. Experience is the best teacher as they have said, and I think my experience during this simulation would help me think more about the prioritizing the necessary things to keep my patient safe. This experience thought me to be more critical about the situation and what should be done immediately to keep our patient safe and to help them with their signs and symptoms.</p>