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.

Step 1 Description

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

- 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?

Step 4 Analysis

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?

Step 2 Feelings

Don't move on to analyzing these yet, simply describe them.
- 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?

Step 5 Conclusion
- 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?

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Step 3 Evaluation	Step 6 Action Plan
• 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?	I think it was a good learning experience. As ive said I don't disagree with my nurse I just would have personally had a one on one talk with my pt and explained what and why I wanted them to start emptying out ther bag. I will use this lesson to always respectfully talk to my pt about promoting independence and WHY I want them to do things themselves. Professionals aren't always professional and that is okay because we are all human . I just know that as a student we see things differently because we are taught something then when we are thrown into the clinical setting we are able to identify what others are doing differently than what we are being taught. Good and bad , but overall I feel it's a good thing because were able to see what type of nurses we want to be and what type we want to avoid being like 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.

Step 1 Description	Step 4 Analysis
Tuesday morning I reported to clinicals on S8 and resumed care of a pt that was admitted with colostomy malfunction. A colostomy reversal was performed and the pt was given an ileostomy. I was able to help the pt in emptying it as needed and helped my nurse with the changing of it the pouch, this resulted in keeping the pt comfortable.	The only knowledge I had previously of caring for this type of pt was what I learned in lab last week . I feel I contributed all I could. The second day I was really able to read up on what a colostomy is and what a reversal was and it really made sense to me as to why my pt had a ileostomy placed on the other side (to allow the reversal time to heal) As far as the 'issue' I had with my nurse , I spoke with some of my classmates and they just said yes we want to promote independence in all our pt because we want them to go home and be able to care for themselves BUT again there is just a correct way to go about it.
Just last week I bad no knowledge of how to change or drain an ileostomy pouch. At sim lab we were taught how to perform this skill so I was able to apply that knowledge and new learned skill . At first I was a little nervous but my pt and nurse were great so I got comfortable really quickly. On Wednesday I had the same pt but a different nurse. She made me feel a little torn because she told the pt that he had a ileostomy before so he was able to drain his pouch himself. I know we are suppose to promote independence in our pt but I just wasn't sure how I felt about it since ultimately we are there to care for out pt. This in turn made me feel sorry for my pt . I just made sure to be there for him and take care of whatever he needed me to.	**Step 5 Conclusion** I feel there is nothing that I could have done to change the situation because I didn't know my nurse was going to tell my pt this. I already know that I want to always be respectful and truly care for my pt as I would for my mother , grandmother etc and never become bitter towards any pt, this just solidified it.
Step 3 Evaluation My whole experience went well because as I said I was able to implement a new skill hands on . I feel that it all went well except what I just stated above, I was just torn on the situation. I did tell the pt if he needed any help with emptying his pouch I would still do it but I think he already felt a way so he said he would do it. I think that my nurse was right that as a young pt he was perfectly able to care for his pouch but I also think there is just a way to go about communicating that. I think that's the only thing I would've changed , the way she went about telling the pt ,	**Step 6 Action Plan** I think it was a good learning experience. As ive said I don't disagree with my nurse I just would have personally had a one on one talk with my pt and explained what and why I wanted them to start emptying out ther bag. I will use this lesson to always respectfully talk to my pt about promoting independence and WHY I want them to do things themselves. Professionals aren't always professional and that is okay because we are all human . I just know that as a student we see things differently because we are taught something then when we are thrown into the clinical setting we are able to identify what others are doing differently than what we are being taught. Good and bad , but overall I feel it's a good thing because were able to see what type of nurses we want to be and what type we want to avoid being like