

# 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>          After receiving report and reading up on my patient, I went to their room to perform my initial assessment for that morning. The patient was sitting up in their chair and seemed eager to help me complete what I needed to, especially with knowing that I was a student. As the assessment went along and I began learning more and more about the patient's medical history and just their life in general, they began to cry. After asking what was wrong, they told me that they just get emotional thinking about what all God has done for them! They boasted about the care they had received during this particular stay and how attentive and detail oriented everyone caring for them was. They said they knew that God was leading the way and was going to get them through this difficult time. That with every new person that entered their room to care for them, it just reaffirmed that idea to them. Then, the patient proceeded to pray over me by thanking God for bringing me into their life and by asking for protection over me.</p>	<p><b>Step 4 Analysis</b>          It's always hard having to be away from loved ones, especially when it's because we're in the hospital sick. We just end up wanting to be back in the comfort of our own homes more than ever, back to the familiar. This patient has been away from their loved ones and home now for weeks on end, without any real idea on when they're going to get to go home. Struggling with an up and down battle, where one day they seem to be improving and the next day they seem to be right back to where they were. It's frustrating when you're trying to do something and you're just not succeeding in the way you want to, when you almost feel like you have no control over what's happening. This patient has been working hard to improve and get to go home and has made significant strides in the right direction since admission. Unfortunately, they're just not quite there yet. It's times like this that we need support and encouragement more than ever. When we feel like we're falling short of our goals, we need to be lifted up by those around us. That's what my patient needed on this particular day. They needed that sense of community, that sense of feeling a little less alone in such a difficult situation.</p>
<p><b>Step 2 Feelings</b>          At first, when I noticed the patient crying, I was of course concerned! Thinking maybe I had done something to upset them, I wanted to quickly figure out what happened. Once they assured me that I not only didn't do anything wrong, but that I had actually done everything right, I felt relieved! More importantly though, I felt honored to be in that room and privileged to experience such a special moment. I think the feeling of honor and pride in caring for another person is important because not everyone gets to do what we do as caregivers. Patient's come in and out of the hospital every day, but it's not necessarily by choice. More often than not, we as caregivers are seeing these people on their worst, most vulnerable days. Being in the hospital usually isn't happy for patients and their loved ones, so getting to be apart of their care and what's potentially their worst day is just so special. Getting to potentially make a difference in a complete stranger's day and even in their life is such a big responsibility and I just can't help but feel privileged to have such an opportunity.</p>	<p><b>Step 5 Conclusion</b>          Personally, I don't feel like there's much of anything that could've made this situation go better. Not expecting anything like this to happen in the first place, it just goes to show what really talking to your patient can do. I spent a little bit of extra time out of my day to learn what brought my patient into the hospital and to learn a little bit about them as a whole. In turn, I learned what's important to them and what keeps them going everyday and that's just not something you can learn unless you talk to your patient. I think if I could go back to this situation and change anything, I may have asked more in-depth questions. Questions regarding whether the patient has been able to talk to their family at home, if they've had any visitors and if not, is there were anyone that maybe could come up for a visit? Questions that may help understand the situation even better.</p>
<p><b>Step 3 Evaluation</b>          This event was good for not only myself, but for my patient as well. They had been in the hospital for several days to weeks. Away from their loved ones and it's been taking a tole on them. They shared with me after their prayer, that they really needed that moment with me and that just filled my heart like no other. Although not what I expected to happen when I set out to perform an assessment, I couldn't have left that room feeling anymore joyous than I did! Since COVID hit, life has not been the easiest by any means, for anyone. We all just need a little extra encouragement and support from time to time and I got to give that to my patient, while also receiving some in return.</p>	<p><b>Step 6 Action Plan</b>          This overall situation was good in the sense that it helped remind me that I am a valuable part of these patient's days, even if I may not feel as important sometimes because I'm a student. It served as a good reminder to me that we all need a little extra support and encouragement sometimes and it's important to really talk with your patient to get to know them and their background. Certain experiences just stick with you and although I've had a number of experiences while in school so far, I truly feel as though this one will follow me. It serves as a good reminder for why I chose to do what I'm doing in the first place, to provide a positive impact in someone else's life in any way that I can. Having had this experience, it encourages me even more to ask about my patient and their life. You just never know what someone is dealing with until you ask!</p>