

## Covenant School of Nursing Reflective

*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> <ul style="list-style-type: none"> <li>• My reflection is going to be based off a nurse not a patient. I was intrigued by the learning techniques that this nurse had on heart center 5. She was very well organized and had great habits and techniques. The entire time I observed her actions and wrote down notes that I will use that can potentially help me during my nursing career. In addition, she was a great observant nurse that could critically think in such a timely manner in any situation that our patients were in. You can tell the patients were very satisfied with her care and a couple of the family members shared their gratitude for her great work.</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• I need to learn to not misjudge so quick and give everyone a chance. There is no recent evidence to back up her techniques but the fact that she was proactive, efficient and managed her time well shows me that she found what works for her and sticks to it. I have seen nurses who are not organized and others who are. I have always enjoyed observing how each nurse I shadow manages her time since that is such a huge deal for nurses. I spoke to my peers about my experience and my fellow classmate who was training with her today had the same positive response to say about her as well. Overall, this nurse was by far the best nurse that I had ever followed.</li> </ul>
<p><b>Step 2 Feelings</b></p> <ul style="list-style-type: none"> <li>• At the beginning I was unsure what to think because during report she had seemed overwhelmed. I was quite nervous because she was not a nurse who originally works on that floor, so I was unsure what to expect. However, I felt bad for misjudging her and from the moment we walked in our first patients' room I saw how incredible she was. Overall, I was pleased to be placed with her that day because she has showed me things that will stick with me throughout my experience in nursing school and continuing.</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• I enjoyed learning new tips and techniques. The only difference I would have made was to have more hands-on learning with her so that she could teach me a few things about the skills that I was performing. I have learned a variety of techniques when it comes to time management, organization and critically thinking.</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• The entire day was amazing, although she really did not let me do much hands on, I learned so much. She made nursing look easy because she was very well organized but took time to deliver each patient the same amount of care. It was not difficult at all, but rather intriguing to learn. The nurse was the highlight of my day and was a great nurse to learn from, because she had so many tips and tricks and would talk me through everything she was doing then explain why after. The only difference I would have been an opportunity to be with her longer and ask her more questions while performing hands on task</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• The overall situation was amazing. There are no conclusions to draw and as I stated above, I would have done more hands-on work with my nurse for feedback and tips. I have written down the techniques on my notebook paper for future references that are accessible to me during my next clinical. She had been a nurse for a while, and you can tell the experience made her great. I cannot wait to be on her level and be able to share my knowledge to future students.</li> </ul>

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