

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> <p>The experience I had today in clinicals was awesome! I want to talk about my nurse today. Our patient was an elderly woman who has been in the hospital for 2 weeks. The patient had surgery on 3/1/2022 and so it was our job to make sure she was ok when she came back on the floor. The patient's blood pressure was dropping quickly. So, our problem was to find out why it was dropping and what we can do as nurses to bring it back up and let the physician know. Our nurse jumped into action and put the patient into Trendelenburg to help maintain a good blood pressure. Our patients blood pressure started to go up and gave our nurse some time to call the physician and let him know.</p>	<p>Step 4 Analysis</p> <p>This opportunity showed me that all the clinical paperwork and all the assessments can possibly help our patient survive. The doctors and patients count on us to be an advocate for the best patient care. I also learned that doing the assessments correctly can change how a doctor will treat a patient. Having this knowledge helps me want to be as accurate as I can when assessing my patient and learning the medication my patient is taking.</p>
<p>Step 2 Feelings</p> <p>In this situation I felt a little scared. I was scared because while our patients blood pressure was dropping the patient was looking so tired. I felt like I did not know what to do in that circumstance. My nurse did a great job. She did not panic and knew exactly what to do to help our patient. She had such confidence in what she was doing and what she was conveying to the doctor and surgery. She made recommendations and the doctor relied on her opinion.</p>	<p>Step 5 Conclusion</p> <p>I could have made this situation better if I did not get so nervous about my patient's blood pressure dropping. I feel nervous because I am still a student learning, but I hope to become a nurse like mine and jump into action when needed. I think that the nurse from night shift should have checked her blood pressure and assessed her before she left. This could have made us aware of her blood pressure sooner.</p>
<p>Step 3 Evaluation</p> <p>The good thing about this event was being able to watch my nurse use clinical judgement and helped our patient right away. The doctor decided to use LA and I had the opportunity to hang that for our patient. I did not expect a doctor to take our nurses recommendations so seriously. The doctor listened to our nurse and acted. Nurses see the patients every day and knowing that a nurse's recommendation was taken into account was an amazing experience.</p>	<p>Step 6 Action Plan</p> <p>This experience has opened my eyes to how important a nurse's role is in the hospital. It also showed me how important it is to check on your patients right when you clock in. Our nurse told us to always check on your patient in the morning to make sure they are still alive. If our nurse had not done so our patient could have been in serious trouble. The nurse I had was so informative. She let me do so much and explained to me why we had to do them. She taught me why we would hold a drug and why we would need to call a physician. I am so grateful for the nurse I had and the experience.</p>