

## 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></p> <p>This week during clinicals I got to care for a few different patients. On Wednesday I cared for a patient that came in with status epilepticus as a complication from a previous stroke he had. I also cared for a couple of patients with Stroke admitting diagnosis and one with two spine fractures.</p>	<p><b>Step 4 Analysis</b></p> <p>Previous experience is very helpful. Every week I go to clinical I realize that I know so much more than I actually think I do. Every piece of knowledge adds up and I really have seen improvement in the way I care for the patients and the way I document. Assessing the patient is so important to determine their needs and I understand why we practice those so much.</p>
<p><b>Step 2 Feelings</b></p> <p>At the beginning I was a little nervous about knowing what to focus on with each patient to provide the best care and prioritize their needs. The comprehensive assessments helped a lot in giving me the confidence to care for them. I have learned that it is so important to be confident in your actions in this career and I'm slowly improving in that aspect.</p>	<p><b>Step 5 Conclusion</b></p> <p>One thing I would have done different is ask for help. When I did my first assessment on my first patient, I recognized that his lung sounds sounded different on one side. I called it wheezes on my assessment, but I wish I would have called my instructor to take a listen and confirm for me. I think that is my biggest problem. Not wanting to bother someone so I go with my instinct and later question if I was right.</p>
<p><b>Step 3 Evaluation</b></p> <p>I believe both days went very well. My nurses were very helpful and friendly about showing me things I didn't know and explaining things to me. I really do think we also have a very good group. All my classmates were very helpful and never hesitated to help get a job done.</p>	<p><b>Step 6 Action Plan</b></p> <p>I am definitely going to start to ask more questions from now on. I also enjoy giving meds and doing simple things for patients, but from now on I am going to stay on my toes to find different learning experiences and practice on the skills I have not been able to do. I just realize how fast time has flown, and in no time, we will be nurses.</p>