

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 event that I will be discussing this week involved a patient and their medication. This situation was a good experience for me to go through with the nurse. The patient was confused and non-compliant with their medications. The nurse and I were involved in this situation along with the patient and the patient's spouse. We had to get creative to try and get the patient to take their medication. Their blood pressure was extremely high, so it was important for this medication to take this medication immediately.</p>	<p>Step 4 Analysis</p> <p>What I can apply to this situation from previous knowledge is the importance of taking medication especially when a patient is at risk. Their blood pressure needed to come down so to provide as much help as we could in this situation, we needed to make sure the patient complied with the medication for their blood pressure. Their blood pressure was checked periodically after and we could see a trend downwards, which is what was the main priority with this patient. We also had to try another way than the conventional way of taking pills since the patient was confused and non-compliant. This is also part of what we have learned, the ability to adapt and overcome obstacles in certain situations.</p>
<p>Step 2 Feelings</p> <p>I felt worried at first with this situation because of the status of the patient. The patient had to get the blood pressure down to avoid any complication such as stroke. I was nervous as we interacted with the patient because it did not seem like they were going to take this medication. The nurse and I encouraged the patient to take his medication so that we could help him feel better. It took a lot of convincing, but I was encouraged by the nurse's ability to remain adamant with this situation without getting impatient or losing her composure.</p>	<p>Step 5 Conclusion</p> <p>I believe this situation went as could as we could have expected given the status of this patient. They were going through withdraw from alcohol and several drugs. Communicating with the patient was difficult so we also included the wife to assist with questions the patient could not answer themselves. Overall, the nurse handled the situation well and I was also there to try and help convince the patient since I was giving him the medications. The wife was also very helpful, so it really ended up being a full team effort to get this patient the help they needed.</p>
<p>Step 3 Evaluation</p> <p>What was good about this event was the exposure to a patient that was not the easiest to work with. This gave me a good experience as I got to try and do my best to get this patient to take their medication, along with the nurse helping. What wasn't good was the situation itself as it was putting the patient at risk by not taking their medication willingly. What went well was finally convincing the patient to take the medication after some time. The process of crushing up the medication and putting it into some ice cream was also a good thing. I don't believe the patient would have even taken them after some convincing if the medication was not crushed and put into ice cream.</p>	<p>Step 6 Action Plan</p> <p>Overall, this situation was not an easy one to deal with. Giving medications with this patient was time consuming as should be expected. Even though it was difficult, we planned and were able to execute and work around the obstacles that were provided. I can use this experience in the future as this won't be the last time, I will need to adapt in a situation with a patient that has different needs. Not getting frustrated and doing our best to work with the patient is something I will apply to my future as a nurse. It is important to remain compassionate and always do what's best for your patient.</p>