

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?

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>Step 1 Description My nurse and I were preparing our patient for a surgery they were going to have later on in the day. One of the things we needed to do, was give them a blood transfusion. My nurse let me assist them by letting me prime the tubing with NS and blood before hooking it up to the patient. I also got to set the IV pump up and helped my nurse out by taking the patients vitals every 5 minutes for the 15 minutes that we were in there.</p>	<p>Step 4 Analysis Even though we have not learned really anything about blood transfusions my knowledge about them is somewhat good. I know that there is strict protocol when doing this. Receiving blood can ultimately end up being fatal if you are not doing things carefully. Preparing a blood transfusion is somewhat similar to preparing IV fluids or IV medications. Just like IV fluids you have to prime the tubing, but you have to do it with NS 1st and then you prime the tubing with blood. The verification and double checking everything is something that pretty much goes for everything when in the nursing world.</p>
<p>Step 2 Feelings When my nurse told me that we were going to do a blood transfusion I felt excited but also at the same time a little nervous. I know that giving blood to a patient has strict protocol, and that is what made me feel nervous. My nurse walked me through every step, and gave me reassurance and some tips which made me feel better about the procedure.</p>	<p>Step 5 Conclusion In this situation I did everything that I possible could. I don't think there was anything different that I could have done. Going into this procedure I felt confident. My nurse was a good teacher who was also confident in me too, which made this whole procedure go by smoothly.</p>
<p>Step 3 Evaluation A blood transfusion can seem like a scary procedure for a nurse that is new to it, but it was not bad at all. The hardest part to me was going through all of the verifications and check offs. If you miss one small thing it can end up being a detrimental situation for the patient and the nurse. Another thing that I found that was difficult was making sure that the IV line was good enough to handle the transfusion. The patient was a already a difficult stick so if they were to lose that IV line it would have complicated things. Priming the tubing with Saline and then the blood was the easiest and the most interesting part to me. Everything in this situation went as planned.</p>	<p>Step 6 Action Plan This situation was a good learning moment for me. I have seen nurses give blood before, but I have not been able to actually assist the nurse. Being able to actually help do the procedure made it easier to understand. I can take what I learned from this procedure and take it with me in the future when I have to give a patient blood myself. I can apply the importance of verification and double checking not only when giving blood but when doing other procedures or even when giving medications.</p>