



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 This week I took care of a 66-year-old female who was found unconscious at home last month. The nurse and I went in to administer medication and our morning assessment of this patient. We started by looking through patient history then pulled our medications. We gathered our supplies and headed to the patient's room. As we were scanning the patient and medication, I was observing the orders and verifying as we went. I had taken noticed there was one too many of the medication we needed to give.</p>	<p>Step 4 Analysis This proved that the safety measures that are now in place are very important. The seven medication rights are the nurse's job to look at every single time, other things like scanning medications, asking for allergies are all simple steps that are in order because that is best practice. This was one of the first things we learned in nursing school, I have learned that this step is also one of the most important steps to take within nursing. Medication management was developed to guide and monitor all medications for patients.</p>
<p>Step 2 Feelings After taking notice that there should just be one of these medications administered, I decided to ask the nurse what the purpose of this medication was and what the prescribed dose was. This made the nurse go back to look at the order where I politely showed her there was only one that needed to be administered at this time. I was nervous to say something at first, but I knew that I caught the error and needed to correct to prevent a medication error. Even though I was hesitant at the beginning I knew it was correct to speak up in a polite matter.</p>	<p>Step 5 Conclusion This situation could have been better if we caught the mistake when pulling the medication and not when we were preparing to administer the medication. I learned the importance of safe medication management by applying the prevention steps and taking the extra time to double check. I understand we are all human but our priority is to the patient to promote health, we need to implement the safety measures that are best known to work.</p>
<p>Step 3 Evaluation Looking back at the situation, we have these medication rights in place to help prevent events like this but sometimes it still manages to happen. As the nurse it is our job to take the extra time to verify medication, dose, route etc. These are important skills to take the extra time to prevent medication error. I learned that speaking up in this situation was important. This ended well because we prevented a medication error that could have happened. Prevention was key in this situation.</p>	<p>Step 6 Action Plan The situation overall could have happened to any nurse, I have concluded that safety measures are important and need to be used. I also learned that speaking up was beneficial in this situation to prevent an event that was fixing to happen. I can apply this to every patient from here on out and checking those medication rights and verifying before administering. I know that no hesitation needed to be there and doing what is best for the patient is why we are there as nurses. We are there to promote health and wellness.</p>