

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</p> <p>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</p> <p>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 A clinical experience that made today more exciting than usual would be an experience I had with my primary patient, more so his wife. It was when I had gone into the room to complete my assessment. My patient had been experiencing quite a few kidney problems including acute-on-chronic renal failure that he needed dialysis for. His wife had questions in regard to his level of consciousness and why he was "out of it" when he came back from dialysis. Knowing the answer to this question and being able to explain the reason behind this was something that provided motivation in a way I haven't experienced motivation before.</p>	<p>Step 4 Analysis We are currently learning about GI which was the ONLY reason I knew the answer to her question. Because of this I was also able to explain that his dialysis might not be the only reason he was confused considering he also had a UTI. She was happy to get her question answered and I was happy to help.</p>
<p>Step 2 Feelings When I went into his room to complete my assessment, I was nervous which is normal for me. I was thinking about how this assessment was going to be different than others I had done before because of what I heard during report. When I had walking in and introduced myself, I saw that the patient was exactly how I thought he would be so I asked his wife how long he had been like this and she said since the night before. She asked what could have brought it on as quickly as it did and I let her know that dialysis tends to cause forgetfulness and considering he had gone to dialysis two days in a row, I was not too surprised that he wasn't alert and oriented.</p>	<p>Step 5 Conclusion I don't think there is anything about this situation I would change. Even though the patient was confused, he was still polite and did his best to follow commands whether they were from me or his wife.</p>
<p>Step 3 Evaluation I can't say anything negative about the event considering that this helped soothe my anxiety before I began my assessment. This was an easy question to answer and it almost made me wish I knew the answer to every question anyone asks. Nothing went as unexpected or wrong, it was just one of those cases were I was happy to know the answer.</p>	<p>Step 6 Action Plan The conclusion I can draw from this event is that people really do trust in us to know what we are doing and to help their loved ones get better. It is not just medication administration, safety precautions, documenting, and answering call lights. Patients and their families not only trust for us to know WHAT it is that we are doing but WHY we are doing it and how it is going to help.</p>