

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>This week I had the pleasure of meeting a spicy hispanic women on S8. I assisted my nurse KC in caring for her. She was bilingual but her English was very hard to understand. As soon as she noticed I spoke Spanish she began talking my ear off. She had been on S8 for three weeks already, initially admitted with an infection in her spine. She has been in severe pain since last June. I was able to be almost like a therapist for her, she had so much going on with her health and mentally as well. I believe that because a lot of the stuff did not speak Spanish, she really wasn't able to talk to anyone about how she was feeling . We had such a great connection and it was obvious that she was grateful that I simply just listened to her. I felt so good !</p>	<p>Step 4 Analysis</p> <p>As I stated before I think that it is difficult as a nurse to balance care for your pt and actually slow down and listen/care for them. I think as a student we take on less pt and actually see what impact that has on our care for them. Kind of like those quantity/quality sayings, you are able to spend more quality time with your pt. This is important to experience because I want to remember how I felt, remember how my pt felt , cause I want to do that for every pt I encounter. I chose this career path for a lot of reasons but I have found that this makes it all worth it . The gratification you get from being able to FEEL the impact you make on these people is unexplainable .</p>
<p>Step 2 Feelings</p> <p>When my patient began dumping everything on me I felt overwhelmed at first. I empathize easily with people and my heart just hurt for her. I just continued to listen and just tried to encourage her, once I was able to control my own emotions. As I said before she has been struggling with severe back pain that's debilitating, and this has effected her being able to be at home with her children. As she was telling me all this she went through so many emotions as well, she laughed then cried and everything in between. By the end of my shift she told me that I was so sweet and she prayed a blessing over me. I honestly felt really good because I knew how alone she felt and the fact that I could help her through a tough time by simply LISTENING to her was amazing. It really made me feel great as a person.</p>	<p>Step 5 Conclusion</p> <p>I don't think I could have done anything to make this experience better. It was perfect. The only thing that I feel could have been done differently was maybe for the staff to have called in a translator. My pt did know some English but she had misunderstood a lot of the information she had received and I had to clarify. I will keep this in mind later when I am a RN. I know Spanish but medical terminology is a different level so I will need a translator as well.</p>
<p>Step 3 Evaluation</p> <p>This whole therapy session was good . I think the only thing about it that made it difficult was the time it took. Im glad that right now we only have two patients because if I had anymore then I wouldn't of been able to spend that quality time with my patient. Ive noticed that nurses become overwhelmed with their tasks of caring for pt that they sometimes fail to address the emotional part of caring for a pt . Its not just about giving meds etc, how is your pt really doing? How are they feeling what are they dealing with that you can impact just by actually CARING not just taking care.</p>	<p>Step 6 Action Plan</p> <p>I said a lot as far as how this experience impacted me. I will definatly take this with me as I continue to care for patients. As a nurse we are professionals but we don't have to care for patients like a robot would. Its okay to have emotions, share conversations with your patient and it doesn't hurt to smile 😊</p>