

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. personnel / 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 For our second clinical day this week we were at the school learning about epic, IV pumps, and more patient care. During one of the rotations we did a patient simulation. We were given a packet over a patient and had to decide what was wrong with the patient and how we were going to fix it.</p>	<p>Step 4 Analysis While doing this activity, I realized that as a nurse you can hardly ever focus on one issue with a patient. Because a lot of treatments for one problem could end up making another problem worse, as a nurse you have to keep the full picture in mind when treating a patient. I also realized the importance of knowing everything that is going on with your patient and not just a general idea.</p>
<p>Step 2 Feelings When we first started at this station, I was nervous because there was a lot of information in the packet, and I wasn't sure I would be able to put it all together to figure out what was wrong or how to fix it. I thought it was going to be difficult and my least favorite station, but after being walked through it, I realized it wasn't that bad and I knew more than I thought I did.</p>	<p>Step 5 Conclusion Like I stated previously I really learned the importance of looking at the bigger picture with a patient rather than one small detail. When we started the activity I really only focused on the main problem and did not consider all of the other information I had presented to me. Had I treated the patient for just that main problem and not considered everything going on with the patient, I could have made the patients other issues ten times worse and ended up with an even bigger problem on my hands.</p>
<p>Step 3 Evaluation After being walked through the patient information in the packet, I was able to easily figure out what the problem was and use the information I have learned from this module and previous modules to come up with a plan to care for the patient. Working together with my classmates to come up with a plan of care for this patient helped me gain confidence in myself and my abilities to critically think through a situation.</p>	<p>Step 6 Action Plan I really enjoyed this activity today and found it very helpful. I feel like after doing this activity I will be able to go into clinicals next time and really get to know my patient rather than just focus on their admitting diagnosis. I also think this will really help me as a nurse in the future because I see too many nurses getting caught up in trying to fix the little things that they are missing the bigger picture. I have already learned so much in this module, but I really appreciate that all of the instructors care about helping us become good nurses and not just being able to "diagnose" a patient.</p>