

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</p> <ul style="list-style-type: none"> • Tuesday was a good day in clinical. Although I was unable to follow a nurse, I still had an eventful day. I forget how busy nurse work can take up your time away from your patients. I had two patients that day and I was able to spend more time one on one with them in a friendly comforting manner- I have not done this since module 1. I was happy with the time spent getting to know the patients and making them feel a little bit more relaxed. I can tell that the mood changed for one of my patients drastically from the beginning of the day to the end and I can truthfully state that it was because I was able to spend quality time with her so she was not so lonely. 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> • As I stated on three, I feel if you apply a little free time to talk with your patient and allow them to feel comfortable that this can also help you help them in their care. Overall, I have heard this from many instructors that it is important to ease the tension from your patient and find a way to make them feel comfortable and this can change the entire care drastically in a positive way.
<p>Step 2 Feelings</p> <ul style="list-style-type: none"> • I was not too happy to not follow a nurse on Tuesday, however, I understood the reason behind the choice and respected it. I have not done aid work all day in months, so I was indeed not ready to take on the day. I applaud aids for their hard because it is not easy and does take a toll on your body. Anyway, I did enjoy having two patients because it allowed me to have more one-on-one time and I love getting to know my patients. I understand that the hospital is a horrible place to be. Sometimes it can become very lonesome if you have no visitors, so I find it very important to talk to my patients and let them know that I am available to them whenever they need me. 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • I would not have done this situation differently, but I will do every situation from this day on differently. I will make the most of my time at clinical with my free time and talk with my patients more. I know not every day is the same at the hospital, but I would love to spend time developing a time management sheet that allows me to give quality time to each patient if possible. With this time, I would just talk to them about anything and everything in hopes that I can help them feel comfortable.
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • It was an easy day. I think we take for granted how simple it is to just be present for someone. However, I understand it is not that easy to be there as we like for each patient with the busy work that we have, but I do feel that it is not hard to pop your head in the door of your patient's room and talk with them if you have just an extra five minutes to spare. I feel that this goes a long way because not only are you making them feel more comfortable, but you are allowing them to be open and potentially find out more information that can help them in many ways. 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • Overall, this was an eye opener for me. I forgot how busy nurses and how easy it can be to dismiss your patient because you have a million other things going on. However, I learned that it's important to manage your time well so that you can give each patient part of that and, I learned that bed side report is a must. Bed side report gives you time to wake your patient up or at least see how they have been throughout the night and maybe take a couple minutes to give them a warm welcoming then and this can allow them to be a little less anxious. Every clinical gives me a little more to take home and I am grateful to have this experience.