

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 Getting report with the day shift nurse, I had gathered that my patient had not received hemodialysis for over a week. We went in to see how the patient was doing, I gathered the patient was drowsy, short of breath and LOC was x3. This is what I had observed in 5 minutes.</p>	<p>Step 4 Analysis In this situation I learned it is important to know the baseline of a patient and being able to notice those small changes. Being able to call for help when needed. One thing I took notice of is the nurse was not by herself she and her co-workers worked as a team to get the patient the care she needed.</p>
<p>Step 2 Feelings I began to ask the nurse what she was admitted for, she can in for stoke like symptoms that was related to not receiving dialysis. I knew some of the clinical manifestation that she could present with having end stage kidney disease and what her vitals could look like. I was worried about this patient because she could not stay awake more then a minute. This had told me the patient was not complying with retreat, she also told me this was the same state she had been for a few days.</p>	<p>Step 5 Conclusion I can take away that rounding on your patients and noticing those small changes can make all the difference. Reacting the appropriate is vital in these situations. I learned to never be afraid to ask for help from other nurses and to always know the patient history.</p>
<p>Step 3 Evaluation When evaluating and getting vitals, her blood pressure was high, oxygen was low 90's with nasal cannula and very drowsy. When doing my physical assessment that morning, I gathered she also had edema on lower legs and not responding as much as she was that morning. I was with the nurse so she was aware and keeping an extra close eye on this patient. Later that morning they called a rapid because the patient was unresponsive but breathing.</p>	<p>Step 6 Action Plan Bing able to see all the nurses work together and advocate for this patient is what nurses is about. When we see these slight changes, it is telling us something more is going on within the body. I can use this situation to better me by calling for help from others and knowing that physical assessment is an important duty by the nurse.</p>