

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.

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| <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.

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| <p>Step 1 Description</p> <p>I missed clinical at the hospital but I had the chance to learn about epic and go through a scenario and I also had the chance to practice on the IV pump. Out of all the things we did today I would say I had the most difficult time with the IV pump. I have trouble with deciding what I need to push on the pump to activate what medicine and the rate it should be on.</p> | <p>Step 4 Analysis</p> <p>I know now how the pump works a little bit better from today's station. The pump is a smart tool for nurses, but the nurse still needs to understand and use his/her knowledge to program the pump. Most of the other students understood how the pumped worked and some did not. I hope to get more practice in clinical with setting up the pump with my nurse. The more and more I get my hands on the IV pump the better I will get at it. So in clinicals I will be looking for my chance to start a pump and get out of my comfort zone and push myself.</p> |
| <p>Step 2 Feelings</p> <p>Today I felt uncomfortable and did not feel so confident with my skills during the IV pump station. I find it so difficult to ask questions because I feel stupid when I don't know something, and my group looks so confident. I am trying to work on being more confident in all aspects of nursing school. I feel like I am my own worse enemy when it comes to answering questions or saying what I think out loud. I also feel stupid when other classmates laugh at me when I ask questions or fail at a skill.</p> | <p>Step 5 Conclusion</p> <p>I think what could have made this situation better was if another student did not laugh at me when I made a mistake. To make this situation better for me is I need to trust myself and be more confident about what I know already. I have learned that the pump is a very handle tool if I use it properly and that if I don't be careful I can really hurt my patient. I also learned that when I am dealing with the IV pump I need to take my time and double check everything before I leave a patient's room.</p> |
| <p>Step 3 Evaluation</p> <p>The good thing about this experience is that I had the chance to have one on one practice. The way I learn is by doing and today I had the chance to make mistakes on the pump and that is the best way for me to learn. The bad thing I experienced today was another student laughing at me before she helped me with the pump. After I messed up at putting the rate in I fixed the problem and learned from my mistake.</p> | <p>Step 6 Action Plan</p> <p>Overall, I love learning this way. Going through stations and having a smaller group so that the instructor can focus more on a smaller group helps. The only thing that was not so great was being laughed at when I needed help. I can most certainly apply this skill in the hospital and once I get better at the IV pump, I will help someone else who doesn't feel so confident. The next time I am in front of an IV pump I will be more confident and take my time going through the steps. I will also not let another student make me feel dumb when I don't know something.</p> |