

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 Around halfway through the day, an order came across to draw blood cultures on one of my patient's. When my nurses went to perform the blood draw the first time, the patient refused. It turned out, the reason they refused was because they were afraid the nurses were going to miss. They had been stuck so many times throughout their hospital stay, that their arms had just become so tender and bruised. Eventually, the patient came around and agreed to letting the nurses perform the blood draw. This is when the nurses brought out the vein finder. Once they brought that out, it become very clear why the patient was having such a difficult time when it came to being stuck. Their veins were small and sparse, so making use of the vein finder was the best point of action. Once they found a vein through the vein finder, my nurse was able to immediately get blood return and you could see a sense of relief wash over the patient's face.</p>	<p>Step 4 Analysis Putting yourself in the shoes of a patient, it's an incredibly vulnerable place to be. Not knowing what the people coming into your room are planning to do and why can be scary. This is why it's so important to explain everything you're doing before, during, and after. When we fully explain things and ensure we understand any uncertainties the patients may have, it helps clear any confusion as well as prevent any frustrations. In order to best help our patient's feel confident in the care they're receiving, they have to be able to trust us and that would be difficult to do if we didn't ensure they knew what we were doing at all times.</p>
<p>Step 2 Feelings When the patient first refused the blood draw, I was naturally a bit taken aback. I've always known that patient's have the right to refuse care and I've had my fair share of patient's do so as a CNA, I guess I just didn't expect it this time around. Once the patient changed their mind though, it was reassuring. Especially so once I figured out just exactly why they refused in the first place. Once the nurse brought out the vein finder, they didn't just immediately get started. Instead, they decided to take the vein finder and show the patient just exactly what it was and what it did. Unfortunately, not every nurse takes the time out of their routine to ensure the patient is comfortable, so it was really nice to get to see that. Although the patient knew they were going to be stuck, after being shown the vein finder, they suddenly became quite calm and allowed the nurse to do all that they needed to.</p>	<p>Step 5 Conclusion In the beginning, when the patient first refused, it might have helped to ask them exactly why. Ask them what was concerning them to see if we couldn't help take away some of that concern. Using helping tools, such as the vein finder, is a great way to alleviate any anxieties the patients may have. I had seen a vein finder used before, but never actually used to get a blood draw. It was really cool to get to see it in action and it really helped instill a bit more confidence in not only the patient, but the nurse as well. As the nurse, knowing you have to get blood on a patient that is not only a hard stick, but also that refused the draw in the first place, your nerves can be a bit high trying your best not to miss. Having the vein finder to ensure that you're headed in the right direction is just a great thing to have in order to make you feel more confident in what you're doing.</p>
<p>Step 3 Evaluation I thought the time and care the nurse put into ensuring the patient was comfortable went really well and was just awesome to witness. The nurse took their time with the patient and didn't rush them and that was one of the most important things in that time. The patient was apprehensive about the task at hand, but once reassured and met with compassion, they were ready to give things a try. If it hadn't had been for the nurse's patience, things likely would've gone differently.</p>	<p>Step 6 Action Plan I thought this situation was a great example in how communication and listening can go a long way. Some nurses would've just taken the patient's refusal as the end all be all, but my nurse decided to try again, this time with more of an open mind. Going in, prepared for another refusal, but eager to find an answer really helped in this situation. When we don't fully communicate with our patient's, it hinders their ability to be fully involved in their care and it's their right as a patient to get to be involved. They can't make informed decisions if we as their caregivers don't first communicate with them and fully explain what's going on.</p>