

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. 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.

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| <p>Step 1 Description</p> <p>I played the role as a new student learning a completely new documenting program. My peers and I went through different stations and were taught how to find specific information that is needed for clinicals.</p> | <p>Step 4 Analysis</p> <p>I think my peers and I all felt the same way about the learning stations. A lot of us were able to get the hang of it quickly. Just like when meditech was first introduced, it was difficult to navigate through. It took practice and patience, which is what I'll have to apply to Epic.</p> |
| <p>Step 2 Feelings</p> <p>When I first got a look at the new program, Epic, I was overwhelmed. To me it felt like everything was scattered and unorganized. I had just gotten used to Meditech, so having to learn about a new program was tough. Once I actually got to be hands on in Epic and got to scroll through different things, it made much more sense and it was easier.</p> | <p>Step 5 Conclusion</p> <p>The only thing that could help make this situation better is if we were able to play around in epic on our own a little more. When we were first introduced to meditech we got to click around and look at all the different things that were in it. It helped us understand how to navigate and how to chart. With time we will be able to get the hang of epic.</p> |
| <p>Step 3 Evaluation</p> <p>The different stations learning about Epic was very helpful. Being able to go up to the computer and do the tasks yourself made it easier to navigate the program. The repetition of each student going up there and doing the tasks made it stick to my brain better too. Getting to be hands on rather than just watching a video or just watching someone go through Epic</p> | <p>Step 6 Action Plan</p> <p>Overall, I appreciate the instructors for being able to take the time to teach us about Epic. I was able to learn new things that I was unsure about. I will be able to take what I learned today and apply in the clinical setting. I will hopefully be able to find the information that I need for my clinical paperwork without much trouble.</p> |