

## 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><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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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><b>Step 1 Description</b></p> <p>During this week’s clinical I was able to experience a whole hospital convert and move to a new charting system. I was fortunate enough to be back on the unit that I had the previous week. As I have mentioned to my instructor, I really enjoy the starting process of shift as everyone starts and is aware of the current work environment they are stepping into as well as bringing a spiritual aspect of reading from a daily devotional. As mentioned before the whole hospital is converting to Epic so everyone plays an important role in utilizing the EPIC staff. The staff is present to assist the health care workers in any questions, concerns, or tips that can better enhance their learning of the new system. I was glad I was able to assist the nurses and staff by easing their way in helping with patient care such as bathing, checking vitals, and blood sugars. My other classmates also assisted their nurses by helping them ease their way in such a tasking time. As a result, we were still able to provide patient care, ask questions ourselves about the new charting system, and were thanked by our nurses for being such tremendous help.</p>	<p><b>Step 4 Analysis</b></p> <p>As mentioned from the last weeks clinical experience the hospital and field of nursing is ever changing and being constantly adaptable is a very important characteristic to learn and or have. Whether it be changing units for the day to assist another unit in helping their team or changing hospitals every 8 weeks in a travel assignment from state to state being adaptable is something I look forward to seeing in myself as a future nurse for the betterment of my community and the patients I provide care for. I generally feel that we all felt very happy to help covenant nurses during clinical that day and we all felt very thankful for reteaching us the ways to access the chart in Epic as well as with IV pump education and simulation scenarios. The impact that we play off each other as nurses to students and student to instructors is amazing to see. It is in my belief that the field of nursing and medicine is becoming more advanced in technology and care of treatment not only because we care but more importantly because we work together and have a caring heart that cannot be taught but more so felt in times of healing and comfort of our patients and their families.</p>
<p><b>Step 2 Feelings</b></p> <p>In the beginning I was feeling very frustrated as my log in was not working. At the beginning of my shift, I was feeling very overwhelmed and not helpful as I tried and tried to log onto the system. I was thankfully during this time able to receive help with technical support. They were very helpful in assisting me to ensure my log in worked however I did get confirmation that the system I was about to chart on was my nurse aide and unit secretary job. After I confirmed this, I was instructed not to chart in the system until we received clarification. This made me feel useless, but I quickly saw my nurse needed his vitals for medication pass and that I could physically be present to ease the burden of my nurse’s duties and task during my time present and that charting could be done by the nurse aide on my side of the unit. I believe the most important moment of my feelings is that I realized my help could be used in a physical way and to just get going and do my best to communicate and inform my nurses of rechecks of vitals and blood pressures or any changes in patient status that I noticed during my interactions and assessment.</p>	<p><b>Step 5 Conclusion</b></p> <p>In conclusion I feel that I did my best with handling the log in situation, but I could have done better by not putting myself down and instead realizing what I can control and what I can’t. As I mentioned in the previous week, I am very thankful to be learning weekly not only about myself as a future nurse but also learning characteristic traits that I can become better in so that my patient gets the best nurse but also the best personal self I can provide of me daily.</p>
<p><b>Step 3 Evaluation</b></p> <p>What I really enjoyed about this week’s clinical was that we were able to be a part of something that is usually rare as a nursing student at Covenant School of Nursing. Although it sounded intimidating when discussing plans for this week clinical it was a good and blessed week. We were able to help nurses and future coworkers with the new system and all the changes being made in the hospital. On day two of clinical were able to implement those practices ourselves with the help of our instructors in simulating and locating different methods and ways to access the information. This information we would need in upcoming weeks of clinical in addition to the rest of the program and future charting. I believe that with the help of our instructors we were able to learn some new tips that may have been harder to find otherwise. I also enjoyed the second day because we were able to have another clinical simulation where our critical thinking skills were used, and we had to look more into the labs and diagnostics to try and process our patients care even before they arrive. Utilizing this time of information will get our patients better quicker and allow us to educate them to lessen chances of rehospitalization by providing current methods and information.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, as mentioned before I really enjoyed this week clinical. The day of being at the hospital and helping the nurses with physical task as well and learning what we need to work on for future weeks with the new charting system of Epic to come. I enjoyed learning from out instructors the tips and tricks they provided to us to help ease our way with obtaining information for clinical paperwork to come in the remaining weeks of IM4. I am very thankful for their care and teaching even as they are learning themselves, we have learned to play from each other and that in weeks to come will be challenged but with the drive and want to learn and master this charting system will do our best because we have families to care for and a community to be present with. I will continue to be a sponge in learning and look forward to seeing how this new charting system will help keep our patients safer and how an advanced charting system will allow us to be more active in care and let the charting system speak for itself. Although it is new, I know it will allow us to provide to best care for the community.</p>