

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</p> <p>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</p> <p>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</p> <p>This week I didn't get to do any hands on with an actual pt but in our sim I got to work on my hands on with he new computer system EPIC. I feel that even though it was all virtual/simulation it was very helpful. We hotot work on a simulation situation with Dr.Nesbit and I felt so confident because just looking at the pt chart I was able to pinpoint what was going on with the pt! they were experiencing fluid overload! I also got to work on my IV pump, and im not going to lie I almost attached my secondary infusion straight to the pt . I caught myself though and was able to safely give my pt their antibiotics.</p>	<p>Step 4 Analysis</p> <p>I don't think I could add anything to todays sim. It was perfect as is and exactly what we needed , I believe it was beneficial to the whole class as well.</p>
<p>Step 2 Feelings</p> <p>I gained confidence with my charting for sure. I also was able to put my critical thinking to use in real life , well kind of with the simulation. We do not realize how we are actually learning to "creep" until it kind of just comes together and we actually know what is going on. It's a huge boost in our confidence because our work is actually paying off!</p>	<p>Step 5 Conclusion</p> <p>I will always double check my lines now ! Without a doubt. Our pts lives are in our hands and its little things like double checking tubing meds etc that play a huge role in keeping our pt safe!</p>
<p>Step 3 Evaluation</p> <p>I feel that the whole day went well. All the Epic training was very helpful. I think the only negative thing about today was when , as I said before , I almost gave my pts antibiotic through the wrong line. It was a good learning experiance.</p>	<p>Step 6 Action Plan</p> <p>I really enjoyed sim, and I will be able to apply what we learned next time at clinicals. I took really good notes and I should be able to access all the information that I need for my critical thinking sheet easily. I think that its going to take some adjustment but I really liked the new program! It has some really cool features, il think my favorite has to be the setup of the med admin. Now the information we need to do our med sheets will be so simple to find! I wont have to sift through what has/hasn't been given, its so easy. Also love the avatar feature, its so cool!</p>