

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. 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.

<p>Step 1 Description</p> <p>While I was on L&D yesterday my nurse and I only had one patient that really wasn't doing much, so I also got to step into some other rooms and got to see a little more from some other nurses' patients. I ended up throughout the day seeing a baby be born, saw a doctor break a lady's water, and epidural, and put in a foley. L&D is like y'all said a whole different world from all the med surg stuff I am used to. It is a lot of sit and wait on the babies to be born and not many of the ladies are on a lot of medications so there isn't much else to do unless the patients call. I did get to see my nurse use good communication skills with her patient and husband, which was something that the med surg world doesn't do well like she did which was nice to be able to see and experience.</p>	<p>Step 4 Analysis</p> <p>Most people I think have this image of what L&D is and what goes on there. My image changed a lot when I finally got to experience it for real. What I saw on the floor yesterday was nurses caring for patients in all different stages of life and experiencing different stuff with their pregnancies. It was so nice to be able to experience all the kindness and caring that the nurses on the floor show. I think most people see it as a soft place that is all fun and games, but in reality, it is just like any other place and can sometimes be a scary depending on how the pregnancy and delivery goes. I think L&D nurses should get more credit with all the stuff they do and how they care for the pregnant population and the families that are there with them.</p>
<p>Step 2 Feelings</p> <p>I thought at first it was going to be fast paced and babies popping out all the time, but I soon realized that isn't the case. It's actually the opposite, well at least for yesterday it was a slower day, and the nurses were still very involved and ready for anything at all times. I really like the atmosphere on the floor because all the nurses were very caring and comforting that I watched. I liked that my nurse communicated very well with our patient as she sat there and waited on her laboring to progress. I saw that our patient was anxious to get her baby out and ready for it to be over, and how the nurse talked to her and helped her try to relax while she waited which was nice to see her take the time to do that and show the patient, she cared about her.</p>	<p>Step 5 Conclusion</p> <p>I learned good communication skills yesterday. Depending on your patient if she is badly hurting, if she's pushing, or if she's just sitting and waiting the L&D nurses communicate with them and help them through the whole process. People don't use good communication skills with regular patients and the L&D nurses communicate with screaming, mad, nervous patients which are hard to talk to in general, but they do it in such a compassionate way that really amazed me. I have much more respect than I already did for the nurses on that floor. They do such an amazing job at helping people there a really tough but exciting time in their lives and do such a good job for the patients.</p>
<p>Step 3 Evaluation</p> <p>A good thing about yesterday was that I got to finally practice a foley on a real person. I have never gotten the opportunity to do one on a patient before, so it was a new experience especially on a pregnant lady. I was nervous at first because the lady was in active labor and was shaking so I was afraid I was going to mess something up or put it in the wrong hole. Like you said everything is swollen down there, and slimy so it was kind of difficult for me to keep control of the catheter and put it in the right hole and make sure it was past the baby's head. Once I had it in, it was such a relief and knowing that I got it the first time and had done it correctly.</p>	<p>Step 6 Action Plan</p> <p>I had a really good day and got to experience a lot of new things. I also was able to apply what I learned in class to what I was seeing in real life which helped a lot to better understand the material, and the patient's situation. The communication I saw yesterday is going to help me in the long run no matter what field I decide to go into, because good communication is needed with all patients. I enjoyed being on the L&D floor because I think that is what I want to do when I graduate. Now that I saw how everything works and how well the nurses treat their patients makes me really want to be part of their team one day. So, with that being said I really enjoyed my time yesterday and can't wait to go back.</p>