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.

Step 1 Description

A description of the incident, with relevant details. <u>Remember to 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
- 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?

Step 4 Analysis
- 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'

Step 2 Feelings

Don't move on to analyzing these yet, simply describe them.
- 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?

Step 5 Conclusion
- 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?

Step 3 Evaluation
- 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?

Step 6 Action Plan
- 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.

Step 1 Description • I had an eventful time this week during clinical, but the I would like to talk about a code blue we had on Wednesday. I ran into the room and immediately tried to offer my help where it was needed. I tried to connect the blood pressure cuff for one of the nurses who were asking me for it. I also tried to find the suction tube for the patient who was aspirating and turned the patient so we can insert a firm board under him before compressions began. I watched as nurses tried to find the necessary equipment but couldn't find anything. I also observed a couple of my classmates help with compressions before we had to leave the room.	**Step 4 Analysis** • Organization, take charge and organization!! As I stated before, I have been in many codes, but never have I seen one like this and I say that because there was no plan or delegation involved. If the nurses were well equipped and someone had a certain task, then this would have gone 10000X better. We may or may not have been able to save this patient, but I would have been able to watch a code blue gone smoothly.
Step 2 Feelings • I was very nervous in the beginning. I have been in several code blues due to my second job, but I have never been in one like this., because I usually stand on the outside until I am needed for blood collection, so my emotions and adrenaline was very high. I was on very high alert and tried to do everything as fast and effective as I was asked to do. Unfortunately, there was not much I could do, and I stepped out to allow the workers do their job. Most importantly, this situation frustrated me because I wanted to help that patient more than ever, however, I learned more from observing than doing during this situation.	**Step 5 Conclusion** • Honestly, I feel as if I did the most, I could have done with the knowledge that I know at this time and the equipment I had available. I would suggest that I speed up my reaction time and learn to think more quickly in stressful situations, but this will take time and practice. Although this was a chaotic code, I learned what NOT to do and this was helpful in my learning process. I love constructive criticism and learning by mistakes because it is the most effective way that knowledge sticks with me forever.
Step 3 Evaluation • Although the entire code was extremely unorganized, the outcome for the patient was a good call. Death is never an easy topic but is the better option than living through certain pain and complications. Of course, I had expected this patient to live and everything to be ok, but instead it went another route that was better for the patient and out of my control. However, I am thankful that the patient is finally now rested and in peace.	**Step 6 Action Plan** • Overall, I believe everything happened exactly how it should have. I say this because it was a great learning experience for not just myself and my classmates, but everyone on that floor. I hope this teaches them to be more proactive in these situations and develop a plan incase another code was to happen. I also hope they check the rooms for equipment and ensure that each device is not broken and accessible for us when needed. This has taught me the importance of organization and communication more than anything. Lastly, this had made me realize how little my classmates and myself knew what to do in this situation. I would appreciate it if we can find a way to have more training on a code situation because I feel that a majority of us were lost.