

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>During clinical I had a patient who tried to commit suicide. She was a young patient that ran her vehicle into a brick wall. She has children and has a boyfriend. I looked at her chart and she is also a drug user.</p>	<p>Step 4 Analysis</p> <p>Learning how to treat my patient like a human being was so beneficial in this case. I sympathized with my patient and enjoyed listening to her. I hugged her and told her I was going to be taking care of her today and we made small talk and even got her to laugh today. I know just today will not cure her depression, but I felt like I gave her some joy while she was in the hospital. I know so many people who suffer from depression and I realize that this happens more often than I thought.</p>
<p>Step 2 Feelings</p> <p>During my shift when I heard why she was in the hospital I immediately wanted to see her and talk to her. I wanted to help her feel loved and taken care of. She broke her ankle and was very banged up. She was bruised and had so much dry blood all over her body.</p>	<p>Step 5 Conclusion</p> <p>I think I could have made the situation better by staying longer in the hospital. She was not allowed to have her cell phone so I think I should have given her something to do while in the hospital. I could have given her some coloring books or a puzzle just to keep her mind and body busy.</p>
<p>Step 3 Evaluation</p> <p>I found her case so interesting because I have never met anyone that tried to harm themselves. I think talking to her was a good experience because I was the one who had the opportunity to make someone feel better with out meds. I contributed by just being an ear for her to express how she was feeling. This patient was suffering from severe depression and just felt like she needed someone with her.</p>	<p>Step 6 Action Plan</p> <p>Overall, this situation has given me more reason why I chose to become a nurse. Sometimes with all the studying and all the hours we put into working in clinical we lose sight of why we work so hard to become a nurse and today just made me feel like I am where I am supposed to be. I feel like this is the reason God has chosen this path for me. In the future I will use this experience to be a better person and a better nurse. I want to make people feel loved and cared for when I become a nurse. I want to take care of people the way I expect to be taken care of. This was the most humbling feeling I have got in clinicals and I will always remember this patient.</p>