

## 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>          These last two days of clinical, I took care of a patient that came in with intracranial hemorrhage. When walking into the room we knew she was Spanish speaking only. Her husband was also at the bed side. With the language barrier it was very difficult for us to understand the husband's concern for his wife.</p>	<p><b>Step 4 Analysis</b>          I learned that we never know what these patients and these families are struggling with. We need to find ways to communicate for these patients to advocate for the care that need. I learned that a language barrier does make it harder to communicate but not impossible, being able to use technology and other people can benefit the patient and the care that receive.</p>
<p><b>Step 2 Feelings</b>          When assessing the patient one can observe that the patient would need extra help taking care of herself and there was extremity weakness and some loss of cognitive function. We wanted to get a way to communicate effectively with the husband because every time we walked in he would try to talk with us. We found a translator that was very beneficial for us and the husband.</p>	<p><b>Step 5 Conclusion</b>          The only thing that could have made this situation better is finding someone to translate sooner. A communication barrier is hard because we can't communicate effectively with patient or family. I learned that being able to listen to these concerns of the family members help us better understand what kind of support and help that they might need.</p>
<p><b>Step 3 Evaluation</b>          When my classmate was talking with the family member, we found that he was concerned about how to take care of his wife, not having insurance and not being a citizen, it was a big worry for him and his family. He was wanting to find proper care for her and find extra help if she was going home. Its little things like this that make a big difference to get in contact with other workers to find a way to help these families and being able to have more information to better advocate for these patients.</p>	<p><b>Step 6 Action Plan</b>          Overall, these patients we are taking care of are at a vulnerable state already and we as the caretakers need to take that with compassion and empathy for these patients and family members. We need to be understanding and try to find ways to help them with the concerns that they communicate with us. Being able to reach out to others for more support and help relieve some of the concerns and worries that they may have.</p>