

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.

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| <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.

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| <p>Step 1 Description I did a blood draw on a patient for a potassium lab during clinical today. I was performing the blood draw while my nurse observed. My nurse gave me the butterfly needle and told me to perform the blood draw while the patient was sitting in a chair. I was successfully able to hit the vein on the first try and draw the blood without damaging the vein or bruising the patient.</p> | <p>Step 4 Analysis Really what I can apply from this experience is that I need to trust myself and have confidence that I know what I'm doing. Not only will I perform better by staying confident and not second guessing myself, but it also gives the patients confidence that I will care for them properly. A broader issue that may arise from this is retraining for IV insertion for nurses to protect patients. On a personal level, I need to work on my mental health and not doubt myself but be confident that I can be successful. I think all our experiences were similar, in that I gained confidence in myself, the nurse gained confidence in me and the other student nurses, and the patient gained confidence in her care givers. I think even though it was a small event it made an impact for the patient, by improving her hospital stay, and for the nurse by possibly improving her perspective of the students. I know it made a difference for me by building my confidence and giving me a sense of fulfillment.</p> |
| <p>Step 2 Feelings I felt confident because I have had plenty of practice with this skill and have had good experiences with other patients. The patient was cooperative but was a bit nervous because the last nurse who took blood from her damaged the vein and left the patient with a large bruise on her arm, this made me a little anxious because I wanted to give her a better experience but I was also confident that I could be successful. When I had finished, my nurse and the patient both commended me, and I felt like I had made a small difference in the patients hospital stay. This gave me a lot of confidence which helped me to perform better throughout the day and really made me feel like I helped improve the patients experience in the hospital. To me this is the most important thing because that is why I want to be a nurse, to make a difference in other peoples lives even if it's little things.</p> | <p>Step 5 Conclusion I think this event went as well as at could have. Everyone had a positive experience. I don't think I could or should have done anything differently at the time. Even though this was a small and insignificant event it meant a lot me to provide a positive experience for the patient and really helped build my confidence.</p> |
| <p>Step 3 Evaluation This was a good experience for both me and the patient because it gave me confidence and fulfillment and gave the patient confidence in the people taking care of her. I don't think anything really went bad in this situation, other than the patients previous experience when a different nurse had bruised her arm. I have had enough experience with this skill that it felt easy for me, I just had to be confident in myself. I do not think anything was very difficult, the patient was cooperative, and the nurse supported me. I was able to successfully hit the patients vein and take the blood without causing damage or bruising, the patient was happy and the nurse was impressed. I stayed confident throughout the experience and expected it to go as it did. For me I think it went as expected, but the patient thought that I might end up missing or damaging her vein so I think the results might have been somewhat unexpected for her.</p> | <p>Step 6 Action Plan Overall, this was a positive experience for me and the patient. I gained confidence because I was able to successfully insert a butterfly needle to withdraw blood and did not damage the patient's veins or bruise her arm. The patient also gained confidence in her care givers after recently having a poor experience with another nurse. I will continue to try to be confident and not second guess myself. If I am confident about what I am doing I will perform better and give the patients more confidence about their care givers.</p> |