

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?

Covenant School of Nursing Reflective

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>My day at Sunrise Canyon Outpatient Clinic mostly consisted of observation. However, I was able to practice skills such as lab draws and IM injections. I was able to watch the nurses and nurse practitioners perform each skill first, then they walked me through one, then I got the opportunity to do it on my own, but with their supervision. Being able to practice skills on the patients also gave me more of an opportunity to talk with the patients and have more patient interaction. By the end of the day, I felt more confident in my skills and in therapeutic communication.</p>	<p>Step 4 Analysis</p> <p>My experience showed me that PMH patients aren't what the movies make them seem. They are just people with an illness who need treatment. I always knew this but had never had the opportunity to be in a situation where it is so clear. Also, as I mentioned before, I was able to see how no two patients are the same. Another thing that was made clear to me was the impact of therapeutic communication. I was able to observe many different types of communication throughout the clinic and it was clear that when active listening and empathy are involved, the patient is much more compliant.</p>
<p>Step 2 Feelings</p> <p>At the beginning of the day, I was a little nervous to be in a new place without any other students or instructors. I was also nervous and excited to be in a new specialty. I was grateful for every opportunity that I was given. My feelings of nervousness went away as I got the chance to observe the skills before I did them myself. I was more nervous for the lab draws than for the IM injections, even though I have done many lab draws in the hospital. I think I was more nervous because it is a harder skill. However, after getting two "hard sticks" on the first try, I was more confident going into my third and easiest stick.</p>	<p>Step 5 Conclusion</p> <p>I feel that my experience could have only been made better by more opportunities, which was out of my hands and the nurses that I was following hands. I could have spent more time educating my patients about the procedures. I learned a lot during my day at the outpatient clinic. I learned from different nurses' different techniques for blood draws and IM injections. I learned what therapeutic communication looks like in practice. I also learned how to feel the vein, more than see the vein before puncturing it.</p>
<p>Step 3 Evaluation</p> <p>My day at the clinic went very well. I was able to see and learn new things. Regarding the blood draws that I did, I feel like I was able to really see how each patient is different. My first patient was a younger kid who was dehydrated, my second patient only had one good place to get blood from, so I was able to feel the scar tissue building up, and my third patient had easily visible veins without the tourniquet. The most difficult one was the second patient with the scar tissue. The patient was a regular to get blood drawn and she pointed right where to stick. I could feel the vein, but it was a little more difficult. My nurse encouraged me to trust the patient and be confident and I was able to get the stick. I feel like this was a good decision and could be an aspect of active listening.</p>	<p>Step 6 Action Plan</p> <p>Overall, this experience was a very educational and eye-opening one. From the skills I practice to the patient interaction. I was also able to see how an outpatient facility works compared to inpatient. I can now conclude that outpatient facilities play a vital role in patient compliance and continuing patient care past when the patient is discharged. I feel like this experience will help me in my future practice by giving me ideas and resources to help my patients get the care they need outside of the hospital. It has brought to my attention the important of community resources and community clinics.</p>