

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. personnel / 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 I got to prepare several medications for my patient. Although we've been in clinicals for a while now I've only gotten to prepare only a few medications. My instructor and I were in the med room, and I got to start all the way from the beginning, at the pyxis.</p>	<p>Step 4 Analysis Everything that we have learned about med admin from module 1 to now has helped prepare me to give medications more confidently. I have taken the most important thing about med admin from module one and have used it up until now, that is the 7 med rights. The 7 medication administration rights are the most important key factor to giving medications. Right patient, right time, right medication, right dose, right route, right reason, right documentation. Missing just one of the 7 rights could be harmful for the patient.</p>
<p>Step 2 Feelings During medication pass I felt nervous only because my instructor was with me. I don't know what it is but when I start doing things with the instructor watching me, I forget everything I have learned. Although I was nervous, my instructor made me feel comfortable, and was very helpful. I got the job done even though it took forever to do, but I was being the safe nurse in doing so.</p>	<p>Step 5 Conclusion Something that I would have done differently was I would have researched/ looked up (more extensively) what labs needed to be checked before or what interventions needed to be done before my giving my medications.</p>
<p>Step 3 Evaluation Preparing the medications and administering the medications all went very well. Being able to do this at my own pace was very helpful. The only thing that went wrong was that I forgot to sanitize my hands before putting on gloves and I did not properly flush at the correct rate after pushing my medication.</p>	<p>Step 6 Action Plan Overall, I enjoyed giving medications, especially with my instructor, even though it makes me feel nervous. I feel that when I give medications with the nurses it makes it harder to learn because they do it completely different than from what we are taught. I will take my experience from med pass and continue to take it with me every time I do medication pass.</p>