

Covenant School of Nursing Reflective Practice



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. <u>Remember to 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>I was in sim with my classmate and we had a patient who was a type 2 diabetic with a sacral wound. The patient's neighbor was also in the room. My classmate and I were the nurses and the scenario ended up well with a little bit of help of my professor's help.</p>	<p>Step 4 Analysis</p> <p>When I am looking back what I have studied about diabetes, I know that there is very poor wound healing due to the lack of perfusion. This could end up being very badly, leading to potential necrosis. If we had not caught his blood glucose, this patient could have very easily went into a coma.</p>
<p>Step 2 Feelings</p> <p>I was feeling very nervous before sim started. As I started, the nerves kind of went away. However, once our patients glucose started to drop rapidly, I started to kind of go into fight or flight mode, and my mind was running trying to figure out what to do. It was a crazy feeling of needing to save this patient so badly. Aside from a nursing perspective, I just felt like that patient was the only thing in the world that mattered to me. I was happy with the incident ending because it genuinely made sense. This was the important feeling of letting go of all things to serve my patient to the absolute best of my ability.</p>	<p>Step 5 Conclusion</p> <p>There were a lot of ways we could have made the situation better. I forget that we can call a doctor if we really need to and that they are there to help. I try to have as much confidence as I can in a scenario and I want to encourage my peers to have more confidence because they really do know and understand this stuff. I learn a lot from my classmates all the time, every single day. I learned how important it is to stay calm in a crucial situation is.</p>
<p>Step 3 Evaluation</p> <p>What was good is that we made sure to assess the blood sugar first. We treated that first before we even we started giving the other meds. Making sure the patient was stable first before even thinking about anything else. I tried my best to also converse with the friend. My partner did a great job giving the meds and starting the piggy back despite the stress we just went through. We could have worked on noticing our cues faster. We did not really notice that the patient was starting to go down by not looking at his eyes. I am also glad that we did not assume to just get insulin even though he was diabetic. We made sure to check his blood sugar first.</p>	<p>Step 6 Action Plan</p> <p>I genuinely loved doing sim lab. It was such a good feeling to take care of a patient even though it took a lot of thinking to do so. The feeling of doing it felt amazing and I can't wait to do in my career. I will definitely use this new knowledge in the future so I know exactly what to do if this even happens again. I will call the doctor immediately and know exactly how to give the medications.</p>

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