

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?

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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>For this clinical week, I was able to be in the SIM lab. The goal of this experience was to be able to be the nurse taking care of a patient. The role I was able to play was as the patient for another group. For this scenario, I got to see how my peers thought on their feet to care for a patient with cancer. This allowed me to see not only what other students would do in this situation, but I was also able to think about and see what I would have done differently if I was the nurse or in their position. Overall, it was a great learning experience to help me see how to critically think whenever you're in the real world and caring for a real patient.</p>	<p>Step 4 Analysis</p> <p>For this situation, I'm able to apply all of my nursing knowledge thus far to think on my feet when presented with different scenarios. I'm not sure what specific literature or theories can be applied for this situation, however, I do know that being put in these types of experiences allows us to apply what we've learned so far when it comes to taking care of a patient. It also allows us to be given feedback by our peers and instructor on what we accomplished, and also what we could have done better. Moving forward, we're able to use the constructive criticism to become better at patient care and nursing interventions. I think that other people's experience were similar to mine as everyone was able to take away the valuable experience and knowledge on how to care for a patient when we're on our own.</p>
<p>Step 2 Feelings</p> <p>In the beginning of SIM, I was feeling kind of nervous and anxious as I didn't know what to expect. I was thinking about how I didn't want to make a mistake in front of my peers or appear like I didn't know what I was doing. After being a part of the scenarios and being able to come together afterwards to discuss how each scenario went and what each of us would have done it eased my nervousness a little bit because I realized that everything I would have done others would have done as well. Although confidence is important, it was still nice to hear that my thought process and interventions weren't wrong so it was definitely a relief. I think that my anxiousness was the most important thing I was feeling because I tend to forget that everyone else around me is in the same boat and that I'm not alone in how I'm feeling.</p>	<p>Step 5 Conclusion</p> <p>I like how the SIM scenarios were made and played out so I'm not sure what I would have done or what could have been done to make this experience better. However, I did learn a lot from this week and being able to see what I know and how I'm able to execute my knowledge in a hospital setting.</p>
<p>Step 3 Evaluation</p> <p>What I thought that was good about the SIM experience was that we were all able to be in kind of a real life scenario where we got to be the nurses caring for a patient. I think this really gave us an idea of how we need to do things whenever it comes to being in the hospital setting. I also liked how we were able to debrief after each scenario to ensure we were taking away the key points of each situation. I wouldn't say anything was easy, but I would say that something that was difficult was trying to recall all of the key things to address when being in a patient room. I think the pressure of doing everything right and being watched added to this difficulty, but overall it was a type of good pressure that allowed us to be even more aware about what we were doing. Everyone as a collective did well while we were in SIM, as everyone used their nursing judgement to make decisions, they thought fit best for the scenarios. I think that things went a lot better than I expected them to because my anxiety subsided as the day went on.</p>	<p>Step 6 Action Plan</p> <p>Overall this week was able to show me how to work with others when it comes to caring for a patient, as often times it's forgotten that help is all around us and as nurses, we don't always have to juggle everything by ourselves. I think for next time what I would differently is more proactive in being the nurse so that way I'm able to get the experience for myself and really get to see how knowledgeable I am when it comes to thinking on my feet and interventions to do for my patient. In the future I'll be able to apply my learning experience from this week to the real world whenever I'm caring for a patient. To further improve my practice, I will ensure that I'm constantly critically thinking and be willing to learn new things and work with my peers to deliver the best care to my patient.</p>