

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>A patient's call light went off, so my nurse, the CNA, and I went into the room. The patient had thrown up on themselves and we were trying to clean them up and change their gown and sheets. As we were cleaning, we saw that they had also had a liquid bowel movement and were cleaning that up as well.</p>	<p>Step 4 Analysis</p> <p>After following more nurses, I have learned the importance of cluster care. In this situation, we could have just cleaned the patient up, changed only what needed to be changed and left. Instead, since we were already in there and caring for the patient, we gave them a full chlorhexidine wipe bed bath, changed all of the linens, provided perineal and catheter care, and readjusted the patient's pillows to relieve some of the pressure from their sacral area.</p>
<p>Step 2 Feelings</p> <p>Thankfully, I am not bothered by throw-up, however the nurse and CNA were a bit queasy at first. My patient was very embarrassed and apologetic, which made me feel really bad for them as it was not their fault and it was our job to get him cleaned up.</p>	<p>Step 5 Conclusion</p> <p>This has taught me how important, and beneficial it is to have staff that is willing to help with anything and use any and every opportunity to teach me. This floor in particular really operates as a unit and everyone is willing to help everyone.</p>
<p>Step 3 Evaluation</p> <p>The CNA and I worked very well together cleaning the patient up, and the nurse gathered the extra supplies we needed to do our job. I felt like we both worked very quickly and thoroughly. The patient had severe left sided weakness, so moving the patient was a bit difficult at times.</p>	<p>Step 6 Action Plan</p> <p>In saying that I learned the importance of teamwork, this will definitely make me a better team player in the future no matter where I work or what it is for. Working alongside a seasoned CNA and nurse also taught me the importance of efficiency.</p>