

## 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><b>Step 1 Description</b>          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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?</li> </ul>
<p><b>Step 2 Feelings</b>          Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>

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### **Step 3 Evaluation**

- 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?

### **Step 6 Action Plan**

- 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.*

## Step 1 Description

I was assigned to a patient that was injured in a home assault and was in the hospital because of a gunshot wound to the hand. The first time we went in there he seemed like he knew where he was and why he was there. Then, I went to do my assessment, he seemed like he was hallucinating or something. He would answer a question and then start to think about what he answered, then seemed confused and like he did not know what he was talking about.

## Step 4 Analysis

I think this situation is something that can happen to every nurse. I do think it is hard to respond to your patient when they open up and come to you with information like that, especially when they seem like they are kind of confused. I had to ask my patient a question multiple times for him to be able to answer it without hallucinating or being confused. I think when put in this situation you can really connect with your patient and help get them the help that they need.

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<p>Step 2 Feelings</p> <p>At first when my patient started to seem confused, I thought that he just didn't understand what I was saying. He was speaking Spanish, but I realized he spoke and understood English really well. He had taken a pain medication, so I think was confused because of the medication.</p>	<p>Step 5 Conclusion</p> <p>I think that to make this situation better I could have had someone in the room with me to help me how to answer this patient. I am not very good with those kinds of situations.</p>
<p>Step 3 Evaluation</p> <p>I think the situation was honestly kind of sad. He was confused and did not remember if he had a wife or kids. He also kept on telling me that his life seemed off. I asked him what he meant and he said he feels like bad things keep on happening to him and he doesn't know why. I did not expect him to say that.</p>	<p>Step 6 Action Plan</p> <p>I think since I have not really had a patient open up about how badly their life is going, I did not really know how to handle the situation. I think now I am more capable of doing that and it has helped me for my future patients.</p>