



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. 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"> <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?</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>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

# Covenant School of Nursing Reflective

Student Name: Brooke Carroll

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><b>Step 1 Description</b></p> <p>I was placed with a new nurse preceptor for my remaining shifts, and she is in staffing. The majority of our shifts have been in NICU, with two shifts being in PICU and Pedi Floor. My new preceptor is an amazing teacher and is an extremely well-rounded nurse. This has served as a great opportunity to learn throughout so many units, as well as a variety of patients. I adapted well to the change in units and patient acuity each time we were placed, which is so important in the "real world" of nursing. My nurse preceptor is a great communicator who takes every opportunity available to teach me something new. I did not expect to be paired with a new preceptor after working a few shifts with my original one but is definitely worked out for the best and been even better than I hoped for! I made it a point to learn something new each day, no matter the unit, and my preceptor contributed greatly to this goal of mine!</p>	<p><b>Step 4 Analysis</b></p> <p>My previous experience as a Nurse Tech allowed me to be well prepared for my preceptorship at the Children's hospital. It served me well to have experience with family centered care and helping nurses, but it was exciting to be guided and educate throughout every patient's specific plan of care. My nurse preceptor and I both found each other so helpful throughout this experience as we each benefited from the teaching &amp; learning process. One of my favorite aspects was the ability to use my knowledge gained through lectures and previous courses and apply it to real life situations. Not only did it validate the things I have learned in the past, but was exciting to see how they relate to real-world scenarios. The preceptorship was a great opportunity for me to not only use skills which I practice as a Nurse Tech, but to use my knowledge I have gained as a student in class and prepared me for my future career in a PICU.</p>
<p><b>Step 2 Feelings</b></p> <p>In the beginning of my preceptorship, I was not expecting to learn such a variety of knowledge, but it has been an amazing opportunity to grow my experience to prepare me for my job as an RN! The most important feeling I have had throughout this experience is preparedness. I feel as if I have been adequately prepared by my preceptor to work independently and provide quality patient care. I also feel confident. My confidence has grown significantly since beginning my time with this preceptor, because she has ensured I actively participate in all aspects of patient care. I have had so many opportunities to practice my skills and feel comfortable in trying new things due to this opportunity. Specifically, I feel so comfortable in-patient communication, education, and all-around family centered care. Not only do I feel a new sense of comfortableness and confidence, but I have a new passion for these aspects of nursing!</p>	<p><b>Step 5 Conclusion</b></p> <p>The only thing I would have changed about this situation was to be able to be in PICU/ED/PEDI more due to the fact we were almost always in NICU. While I loved getting to learn and work in the NICU, I also love learning new things on different units. In the end, I feel so incredibly grateful for this opportunity. My favorite thing about my preceptor begin a staffing nurse is that she instilled in me that ability to be adaptable. This quality will be extremely useful in my new career, because I have experience in a multitude of units. Even though I am designated to start in PICU, I will also feel comfortable being pulled to other units if needed. Over the process of the preceptorship I slowly noticed myself becoming more confident in my skills and working more independently. This was very reassuring since I will be starting a brand-new career soon and need to be able to have a higher level of willingness to learn to start in critical care.</p>
<p><b>Step 3 Evaluation</b></p> <p>At first, I thought it would be difficult to have a new preceptor in the middle of my shifts, but it ended up being amazing! Not only was she a thorough and dedicated teacher, but she became a friend. She made my experience throughout my preceptorship so wonderful. I contributed to my time with my preceptor by staying motivated throughout every shift. I made sure to help complete tasks, chart, and communicate with patient/families frequently. Every chance I got to help out my preceptor or a patient, was an opportunity to learn something new. I found as if the result and impact my preceptorship makes on me as a new nurse was up to me and my willingness to learn and actively participate. It was important to me to not only enjoy my preceptorship, but to make it useful towards my future career. This preceptorship allowed me to realize that the learning process in nursing never truly ends, and that there is always room for growth in your nursing career.</p>	<p><b>Step 6 Action Plan</b></p> <p>I am incredibly excited to put the things I have learned the past few weeks into action at my new job. I will be using the principals, skills, and techniques I learned during my time with my preceptor on a frequent basis for the rest of my career. I am also excited to have the opportunity to pass down this knowledge to other new nurses one day as they begin their careers. My preceptor has motivated me to want to become a preceptor at some point in my career to provide knowledge and motivation to other new nurses. Without this experience I would not feel prepared to start my nursing career, but I am so thankful to have had the privilege of being taught and supported indefinitely by my preceptor. Not only will my nursing career benefit from this, but so will my personal life as I always looked forward to shifts with my preceptor and learning each day. My family centered care, quality of care, interprofessional communication and overall patient experience will forever be impacted by this experience.</p>