

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?

Covenant School of Nursing Reflective

Stacy Werner

Module 8

April 4, 2022

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>So far, I have completed a total of 97 clinical hours in the OR at CMC. I have followed my preceptor that is on the general surgery team majority of the time that I have been there and have followed my other preceptor who is on the cardiac team twice. I have seen several procedures including a shoulder surgery, multiple hip surgeries, a coronary artery bypass redo (in which I was able to see how chest tubes are inserted), prostatectomy, hysterectomy (that also included the removal of the person's spleen, appendix, and part of their colon in which I was able to see how an ostomy is inserted, a fecal impaction surgery, and a couple of TURP surgeries. I've also seen two patients not respond very well when they were put to sleep before the surgery and I will say, it was a little scary both times. Last Friday, I saw a patient with C. diff who had a huge wound on her left thigh and a huge wound on her sacrum. The holes of both wounds were so big, the surgeon could actually put his entire arm through both of them. By far the craziest thing I've seen yet!</p>	<p>Step 4 Analysis</p> <p>I've definitely learned that not all surgeons and anesthesiologist are the same. They all have a different way of doing some things. There's also some that are much better than others! I have seen firsthand one surgeon and one anesthesiologist that has made me wonder how they have a license to do what they do. The anesthesiologist I'm referring to makes me especially nervous whenever I'm on the same case as her. She has repeatedly done things that just aren't safe. One of the patient's that we took to PACU after their surgery had a temperature of 104 F and my preceptor explained to me that that was on the anesthesiologist as she was in charge of maintaining the patient's body temperature during the surgery. I ask a lot of questions when something comes up because I want to know why some things happen and how some things can be avoided or done better.</p>
<p>Step 2 Feelings</p> <p>I got a job working M-F 7am to 3pm in the OR at CMC! I am beyond excited about it! It's exactly where I wanted to work and the exact hours I was hoping for. God has truly blessed me and my family with this amazing opportunity and I am extremely thankful!</p>	<p>Step 5 Conclusion</p> <p>Even though ortho surgeries seem to take the shortest amount of time to complete, I will say they are still my least favorite. I still haven't seen a neuro surgery yet because they've been mainly all back surgeries. I'm waiting for the opportunity to see a cranial surgery and would also like to see a surgery done on an eye as well.</p>
<p>Step 3 Evaluation</p> <p>I believe that my main preceptor has done a great job explaining everything so far and has shown a greater interest in thoroughly teaching me things once he learned that I had been hired. I've started getting to know the people in the OR and their job roles a little bit better and I am starting to feel a lot more comfortable while I'm there. The manager of the OR has been extremely nice to me ever since I had my interview with her. She even checks on me to see how I'm doing and if I need anything from time to time.</p>	<p>Step 6 Action Plan</p> <p>I am currently in the middle of completing the required paperwork that I need to fill out in order to complete the hiring process. I will be getting my background check and health screening done soon and will start my new job on May 23, 2022. I will begin by attending orientation for the first 26 weeks and once I complete orientation, I will be on the cardiac team!</p>