

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. <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"> • 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' perspectives?
<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?

Covenant School of Nursing Reflective

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?

Covenant School of Nursing Reflective

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>I was on my last and final week in module 4 of clinical when my nurse that I was following informed me that she enjoyed her time at Covenant School of Nursing and had the understanding that I need to follow through certain steps when drawing up medication to ensure my understanding and to pass the clinical practice exam. This occurred in the medication room while drawing up our patient's medication. As I primed my primary and secondary medications in the medication room she informed me that I could do so at the bedside if needed but understood what we are taught. She also allowed me to flush each line prior to administration despite having fluids running through that line prior. Me being a nursing student and her nurse it was nice to have such an understanding and professional nurse who had also gone through the same program I am currently in. As a result, I thanked her for her understanding and proceeded to prime my medications in the medication room without feeling rushed or like I was a hindrance in her work day.</p>	<p>Step 4 Analysis</p> <p>What I have experienced in this module's clinical is highs and lows that every workday may consist of while working as a nurse. The broader issue and lesson to be learned is how I will handle and react to any given situation I may be put in. What I can make sense of is there is always a learning opportunity in every situation. These situations I am put through are there for a reason. These outcomes can produce good or bad ones but with an open mind and positive outlook I will always become victorious by how I handle the situations and obstacles that I perceive at the end of my day. Attitude is the best gauge and contributor to the outcomes one will experience. The impact that this nurse had on my last week of clinical practice in this module will definitely stick with me as I progress through the program. She has instilled in me that things may not always go as you had planned in the beginning of your shift but being adaptable and a critical thinking nurse as well as prioritizing your care, I too may be able to facilitate an amazing experience for my patients and the nursing student that I may be teaching in the future while working as a nurse on the unit.</p>
<p>Step 2 Feelings</p> <p>In the beginning of my last clinical week through-out the module I had some nurses that I followed make me feel that I was a hindrance or bother to their day. At the time I was hoping to not feel this same way on the last week of clinical in this module. Despite my feelings of worry or concern the nurse that I was placed with was understanding and very helpful in teaching me tips on how to become a more proactive and protected nurse at the bedside. Her teachings and understanding of the process and specific details we as nursing students must perform relieved my worry and concern and instead gave me hope that there is a light at the end of the tunnel just as she described. Her words of encouragement and confidence in me made me feel that I as a nursing student am right where I need to be and that I am progressing through this program well. The most important feeling that I experienced was one of relief and hope. Relief knowing that she as a nurse may become my colleague one day and that we as nursing students and nurses have the same goals which are for the patient to recover and heal as well as to provide the best nursing practices we know to ensure recovery and prevention of readmission through education. The most important feeling in all of this is hope. Hope that despite this week being super stressful and us getting closer to becoming nurse techs that we are being prepared to become proficient and caring nurses at the bedside despite feeling overwhelmed in the moment.</p>	<p>Step 5 Conclusion</p> <p>The only way I could think to make this situation better is to now go into clinical with a more open mind and knowing that the mindset I choose to have and the attitude I bring to my day will of course have a major impact on my learning opportunities and outcome of my weeks to come as a nursing student. I feel that she made this week's experience a very good one and applaud her on her amazing care and compassion that she provided at the bedside not only as a nurse for our patient's but also the nursing she provided me as she taught me importances and aspects to consider by aiding in my critical thinking skills. Again as mentioned, I have learned that attitude and outlook on the situations as a student and future nurse will be the determining factor on the result of my day and how it progresses clinical currently or shifts in the future.</p>
<p>Step 3 Evaluation</p> <p>What was good was the recognition I received that I was okay to go through the steps that I am taught in the program and her uplifting attitude about me as a student. The bad was my feeling that I may experience a similar feeling of being a bother knowing that each day on the unit comes and goes despite what I have previously experienced, there is always a learning opportunity. She made it very easy to feel like I was her minion and that by instilling in me confidence that I would perform better and be a better nurse for my patients. What I did well was despite my feelings in the beginning, I did my best to go in with an open mind and let her actions show me what type of student she would prefer me to be so that I could be the best help to her day. Again as mentioned she did well by informing me that she understands why I must do things a certain way and allowed me to do so. I honestly did not expect a different outcome. I was just unsure as to how I was going to go through this week's clinical experience. She and I both contributed to my learning experience and I very much appreciated her teachings and knowledge in the field of nursing as it has made me become a better student and one step closer to becoming a better nurse.</p>	<p>Step 6 Action Plan</p> <p>I am very happy and pleased with how this week's clinical turned out. During a stressful week of the module it is important to take a step back and realize that my RAS is being affected. As stated in the lecture the ultimate deciding factor on your experiences and results in any type of situation. In conclusion I feel very confident that I am learning just what I needed to in order for me to become a better nurse and that despite the good and bad there is always a light at the end of the tunnel. In hindsight, if I could share with myself this information I would but I also think it is very important for me to go through these experiences so as I learn about them I have a situation or lesson that I can apply to them and speak on them. I will apply this lesson to the future by becoming more of an opportunistic person. I always felt like I had an optimistic outlook ,but I will continue to work on doing so in practice especially in the clinical setting as a nursing student and progressing forward in this program. I will feed my RAS (Reticular Activating System)!</p>

Covenant School of Nursing Reflective