

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 After receiving the updated information on my patient, I had twenty minutes to critically think and decide what exactly I was going to do. My patient came in with urosepsis. They had a stroke three months prior and had a history of hypertension for which they were on medication for. They also came in with a fever. Once I received the updated information, I entered my patient's room to perform my neuro assessment, due to their infection and prior stroke. After performing my assessment, it was time to pull my patient's medications. When looking at the chart, I found that their platelet levels were too low to receive their antiplatelet medication, so I chose to hold that. I also found that their fever had gone away, but that their blood pressure was still high. So, due to the patient's infection, I decided to go ahead and get their antibiotic started and then give them their blood pressure medication afterwards. I checked the IV site, as well as the patient's catheter to ensure that it was in place, secured with the securement device and was free of any kinks. After I completed my assessment and my med admin, I then ran through my fall bundle, the four p's and my red rules; I then completed my scenario.</p>	<p>Step 4 Analysis Although CPE is stressful, and it makes me overthink everything I'm doing. I really think it's helpful in reminding us that we actually do know some things. When I completed my scenario and my instructors let me know how well I did, I not only felt a sigh of relief, but I was also extremely proud of myself. I've worked so hard to get to the point that I'm at right now. Working past numerous odds against me, I've still made it here and now I've made it passed CPE. The more we do these scenarios and the more opportunities we have in the simulation setting, the more of an opportunity it gives us to actually breathe and think about what our next steps are going to be. We even have the ability to freak out and lose our heads if we need to and that's what makes simulation so special. The little reminders that I'm actually doing well and that I'm on the right track do wonders. Situations like this also help us connect the dots when in real clinical settings with our patients.</p>
<p>Step 2 Feelings Leading up to today, I was extremely nervous. I was so afraid I was going to forget to do something or that I would freeze up in the middle of what I was doing. If I'm being completely honest, I even felt like I was going to throw up multiple different times before actually coming in; luckily, I didn't though. During my twenty minutes of prep, when I was able to really narrow down what I was going to do, I tried my best to calm down. Although, still extremely nervous, I felt like having the ability to write myself reminders and notes on my two papers really helped put my mind at ease. Knowing that if I got too nervous and forgot something, I could look back at my notes, really helped. When I entered my patient's room, I again felt a bit more at ease. I had gone over what I was going to do multiple times in my head, trying to think of all the different possible scenarios. I just had to keep myself calm enough to be able to do everything necessary. Once I completed my scenario, I felt a sigh of relief knowing that I had actually made it through everything and in the amount of time that I had been given.</p>	<p>Step 5 Conclusion Like I mentioned above, situations like these are extremely helpful. Getting to run through a scenario in the safety of the sim lab and with our instructors to guide us is reassuring. Ensuring that no patient's are in harms way, while also getting to learn helps build our confidence and strength as caregivers. My biggest takeaway from this situation is that I do have the skills and the know how in order to do well in the future. I just have to start believing in myself. That's also one big way I could've made the situation better. By trusting my gut and not letting myself overthink what I'm doing so much. Surprisingly, overall, I don't feel as though I would change anything if I had the chance to. I felt like having the night before and the twenty minutes the day of to prep really gave me the chance to get all of my thoughts in order, so that I could go in and do what I knew to do.</p>
<p>Step 3 Evaluation When looking back over everything that I did, I felt like everything went by so quickly. However, all in all, I felt like my critical thinking and prioritization went really well. I was proud of myself for remembering to check not only the IV site, but also the catheter as soon as I entered the room. I was glad that I remembered to check my lines, but also the solution that was already running. The patient wasn't in pain, so the priority was getting the antibiotic started for them. I was somehow able to keep my composure and remain calm enough to get through the entirety of my necessary skills. I definitely still need to work on my confidence levels, but that's something I've struggled with for most of my life, so I recognize that overcoming my insecurities and overall shyness is just going to take some time. I'm very proud of how well I handled myself and carried myself in this situation, however. I was able to "nurse out loud" and be confident in the things I said and did, and I only caught myself seconding guessing what I was doing a few times, rather than my usual multiple times.</p>	<p>Step 6 Action Plan Overall, I feel as though my scenario went well and I was really excited about everything I was able to remember and do. Everything went smoother than I felt like it would. I was just grateful that I was able to remain calm and handle what I needed to. All the teaching and the time I've put in to get to where I am right now paid off in this situation. It's easy in nursing school to feel like you haven't learned anything, and I tend to feel like that more often than I probably should. So, getting to be in situations like this, it helps remind me that I have actually learned something and that all the time and effort I'm putting forth isn't in vain. Getting to CPE was much more overwhelming than I thought it would be, considering I went on leave the first time I took this module. Getting to this point today just helps serve as a reminder that I've overcome so much, and I have the right to be proud of myself! Today really just helped me piece together everything I've learned so far in the best way possible and for that, I'm thankful.</p>