



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

*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>                  This morning after initial rounds, around 0715, I was in my primary patient's room helping them ambulate to the restroom when I heard a choking/coughing noise from across the hall. I went into my secondary patient's room and found their 14f NG tube looped about 2 inches out of their mouth, causing the patient to choke and struggle to breathe. I was the only responder, and no one had answered the call light until I was already at bedside. I floundered a little and just said I needed help when the call light was answered, telling the patient he would be alright, and that help was on the way. A night nurse and Geneva RN came in with the aide and Maddie, then the nurses proceeded to pull out the patient's NG and stabilized him.</p>	<p><b>Step 4 Analysis</b>                  Outside knowing the scope of my practice as a student, ensuring the patient's airway is literally one of, if not the most important aspect of ABC and ensuring our patients are able to recover. Pulling the NG tube out of a choking patient's mouth is indeed the logical answer to ensuring they were not injured. I understand that my confidence as a nurse will increase with more practice, so I hope that in the future when I come into unknown situations, I will be surer of my call to not just yank the NG tube, in this situation, and hopefully I won't feel near as useless when unsure of my scope of practice.</p>
<p><b>Step 2 Feelings</b>                  I was alarmed at the beginning, a bit flummoxed, and not sure of what I needed to do. I felt useless, the patient wasn't dying in front of me, but he was clearly scared and all I could do was try and soothe him while waiting for help. After the NG tube had been pulled and the patient had calmed down the night nurse told me I did the right thing and that even she and Geneva were partially unsure of what exactly needed to be done. Talking to staff and Maddie afterwards helped me feel a little better about being so flummoxed at the start of the event. I am glad they were so supportive; I really was in a bad state knowing that my patient was suffering.</p>	<p><b>Step 5 Conclusion</b>                  My personal feelings of uselessness aside, I do not believe I would do anything different in the same situation as I am still unsure of what my scope of practice in these types of situations. If my patient had been unresponsive or turning blue/unable to cough and move air one or both ways while choking, I would have tried to protect my patient and pulled the NG tube. Thankfully the incident was caught early enough that the severity was not the worst it could have been.</p>
<p><b>Step 3 Evaluation</b>                  The situation was resolved and while the patient (and I) were a bit shaken up, the patient went right back to sleep and later in the day thanked me for coming into help. The bad part was still feeling useless to my patient during the initial part of the event. I guess, knowing the limitations of my education, practice, and that of a student, not entirely freaking out and just yanking his tube out or shutting down and not talking to him could be seen as small victories. One thing I would like to "pat myself on the back" for would be my response time to the event. Moving quickly as soon as I heard the choking and beating the call light answer, upon later reflection tonight, was pretty good, in my book.</p>	<p><b>Step 6 Action Plan</b>                  As I think back on the event, I believe I did the right thing and did a few good things. I can conclude from the nurses' statements, and the consoling from my fellow students that I did do the right thing for where I am at in my education. I plan on finding out how my scope of practice fits into this situation and will delve into some more scenarios so that in the future I am more confident in my decisions.</p>