

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. personnel / 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

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>Today I cared for a patient who had a surgery to remove her lymph nodes on one side due to cancer. I was the one who administered her medications to her, alongside my nurse. I prepared the patient's medications and then administered doxycycline IVPB.</p>	<p>Step 4 Analysis</p> <p>One thing I applied to this situation was personal experience. I have had an IV infiltrate before so when I saw it, I was aware of what was happening. I was able to make sense of the situation because of this and alert the nurse. A few broader issues that could arise from this situation could be pain as well as the medication not be delivered properly.</p>
<p>Step 2 Feelings</p> <p>At the beginning of the medication preparation, I was feeling nervous because I had not done an IVPB in a long time. However, my nurse walked me through each step and encouraged me along the way. This made me feel much calmer and more confident in what I was doing. The most important feeling I had was the confidence because it allowed me to do my job correctly and present myself better in front of the patient.</p>	<p>Step 5 Conclusion</p> <p>One thing I learned from this situation is to go back and check an IV after you start it and it has been running for a little bit. This could have also made the situation better because I could have stopped the IV sooner and prevented the discomfort that the patient experienced. The patient could have made the situation better by calling in a nurse to check on the IV when she was experiencing pain and I could have educated her beforehand that it should not cause pain. Then she would have known to alert the nurse.</p>
<p>Step 3 Evaluation</p> <p>The good thing about this event was that I got the medications going through the IV. The bad part though was that the IV infiltrated (I did not insert the IV, just started the medications). This caused the patient pain and discomfort which is never what I want for my patients. Although I did not expect this to happen, I was able to stop the medications and relieve some of the patient's discomfort.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think this was a good learning experience for me. It taught me to check on my IVs that are running more frequently and to also let the patient know that it should not cause pain when the medication is running. Learning this now can prevent this from happening to another patient in the future. The main thing this has taught me is to monitor my patients closely even if they are the "easy" patients.</p>