

## 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><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>

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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><b>Step 1 Description</b></p> <p>Family of a Surgical patient was very upset with the dust on the window seal and a straw she found in a wrapper on the sink. In the patient family member had a problem that there is a box full of supplies on the sink by the computer that stays in the patients room.</p>	<p><b>Step 4 Analysis</b></p> <p>The family member is a nurse out of Las Vegas and their hospital is completely different from ours to an extent. I believe that there are policies out there that all hospitals must abide by but there are policies that each hospital are able to have just for there hospital. Joint commission is very strict will all policy's especially with keeping supplies in the patients rooms.</p>
<p><b>Step 2 Feelings</b></p> <p>The discussion took place across the hall with another nurse that I wasn't shadowing on Tuesday. I was in my patient's room getting all my lab information and took me by surprise. I indeed stopped what I was doing to see what was going on and how the nurse was going to handle the situation.</p>	<p><b>Step 5 Conclusion</b></p> <p>I believe that the nurse or secretary need to go into the room to make sure that the room is set up properly and to double check that the room is clean. I know this adds a lot of stress to the nurse and other faculty but everyone is human and makes mistakes and everyone is busy. We just need to be checking on each other and make sure that everything is just right.</p>
<p><b>Step 3 Evaluation</b></p> <p>As I listened to the conversation the nurse allowed the family member to voice her concerns and once she was done, the nurse politely said that the room was cleaned but she will get the housekeeper back in there to reclean the window seal. She also told the family member that the box is clean and all supplies in the box are still packaged therefore clean. I felt the nurse was very professional in this situation.</p>	<p><b>Step 6 Action Plan</b></p> <p>I believe the family member was stress and worried about her dads surgery and over all health but in the same sense she works in the medical field she could of easily understand that the supplies was packaged and its okay even if she was at a place of employment that does this. Finding a straw with a wrapper on it easily throw that away ma'am! When it comes to the dirt on the window, we are in Lubbock Texas we have bipolar weather. I believe overall the nurse was super professional and handle the situation perfectly!</p>