

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</p> <p>Another student and myself went with a staff RN to give 0800 meds to a patient with a PEG tube. When we entered the room, the patient's husband had just returned from work and said that he was about to clean up the patient, as she had just had a BM. The staff RN immediately took over, insisting that he let us do it. He is the patient's primary care giver and works multiple jobs to provide for them. She insisted that he rest. When administering Nystatin swish and swallow for thrush in her mouth, the nurse had the idea to put it on a green mouth swab and do it that way since the patient could not swallow because of her LOC and trach. The patient would not open her mouth for the nurse, but the patient did open her mouth when her husband asked her to and administered the Nystatin with the swabs.</p>	<p>Step 4 Analysis</p> <p>In my limited experience, I have seen some nurses take advantage of an involved family. Even though the family may be used to doing it, sometimes giving the family a break might help prevent caregiver burnout in the long run. Allowing the family to know that the patient will be taken care of should they need to step away can also give the family the peace of mind and help to reassure them that it is acceptable for them to take a break and take care of themselves.</p>
<p>Step 2 Feelings</p> <p>As I watched this interaction and helped the other student and the nurse, I realized that I felt sad for the husband and grateful for the nurse. The husband works so hard and his love for his wife is so unwavering. I thought about how he will be doing so much for her when they go home, as she was supposed to be discharged home soon. I also thought about how he deserves to be able to take all the time he can to let us take care of her before all the weight is put on him.</p>	<p>Step 5 Conclusion</p> <p>I have heard many times that as a nurse not only is it your job to make sure the patient is cared for, but also their family in cases like this one. I hope to be the kind of nurse that can take some of the weight off of the caregiver's shoulders in times like this. I want the families to know that I am giving their loved one the best care that I possibly can and that it is perfectly fine for them to let me do things for them that they are used to having to do at home.</p>
<p>Step 3 Evaluation</p> <p>I really appreciated how the nurse made such a point of giving the husband a break and taking over her care. I helped to turn, clean, and administer medications to her and I felt like we worked efficiently as a team to care for her and still treat her with the dignity she deserves. Having a loved one be in that condition can be extremely taxing on the caregiver and I felt as though we gave him some comfort to know that she was being well taken care of.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think I can use this experience to remind myself in the future that patients have families that love them. I hope that I never get to the point where I stop seeing those patients that are in extremely poor conditions as people who are someone's everything. Even though the patient is not who she used to be- no longer even in control of her bowels- her husband still sees her as the woman he loves and is willing do anything to make sure that she is taken care of her. Even though she may not know what's happening, she deserves the best care that I can provide her.</p>