Covenant School of Nursing Reflective Practice

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.

Step 1 Description A description of the incident, with relevant details. Remember to maintain patient confidentiality. 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 • 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?	**Step 4 Analysis** • 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' perspectives?
Step 2 Feelings Don't move on to analyzing these yet, simply describe them. • 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?	**Step 5 Conclusion** • 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?
Step 3 Evaluation • 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?	**Step 6 Action Plan** • 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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Bryanna Garcia IM4 Clinical Week 1 5/3- 5/4

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.

Step 1 Description	Step 4 Analysis
During clinicals I had the best experience the second day. The first day was not so great as my nurse was really doing her own thing. I found it difficult to learn hands on skill because I was not able to participate in simple tasks due to the nurse working so quickly and not taking her time to teach. A situation that I was put in was a great teaching moment due to the patients IV infiltrating and having to start a new IV site. The nurse did not allow me to participate in this skill.	Issues arise in this situation due to not getting enough practice with real IV sticks and blood draws. Clinicals are a time to learn hands on and put the knowledge that we have learned in the classroom into action on real patients. My classmate was also following the same nurse but had a different experience and loved her. I believe that I was able to receive some teaching by watching the nurse perform nursing roles but I just was not able to perform and practice the nursing roles myself.
Step 2 Feelings	**Step 5 Conclusion**
At the beginning of the day, I was excited to get to follow the nurse completely and not have to follow the aide around. It was important to me that the clinical day were to be filled with learning experiences. When I was able to perform tasks and skills, I felt as though I was rushed and could not do the skills like I was taught. It was a discouraging feeling.	In conclusion, after the day was over, I was able to think and look back on the actions I could have taken to try and be more helpful to my nurse. I realize I could have stopped and stated the skills that I knew how to perform and maybe that would have given me the opportunity to perform skills. Or, I could have asked during the moment and spoken up to the nurse and asked if I could perform skills. I also learned that day that I was not going to be that kind of nurse that was not an advocate/ teacher to nursing students.
Step 3 Evaluation	**Step 6 Action Plan**
The second day of clinical was a great teaching day. I was very pleased and happy that my nurse was very engaged and happy to have students following her. She went step by step on how to do certain tasks and allowed me to perform many of those skills. I was able to hang meds, pull foleys, perform patient teaching, give meds po and sub Q and do wound changes. Overall 5/4/22 was a great clinical day.	The two nurses that I was assigned to gave me two different perspectives on the kind of nurse I would want to be. I feel like both of them were good with their patients but just did their days differently. One nurse was always in a hurry to finish a task while the other was patient and calm. I personally liked the calm nurse who was willing to teach and go over things with me. She also would ask me questions and quizzed me which was an amazing experience.

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