

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.

Step 1 Description <ul style="list-style-type: none">I had two patients experiencing seizures. One of my patient's admitting diagnosis is epilepsy and the other is the absence seizures. Right on my first day of clinicals (May 2, 2022) I was told that my patients are off AED medications to increase brain activity levels or the likelihood of them having seizures. When I was doing my assessment on the patient with absence seizure, she was able to answer my questions but she constantly stops and stare at me for a minute then continues to talk.	Step 4 Analysis <ul style="list-style-type: none">After our lectures and exam on seizure and epileptic studies, it helped me gain more understanding that patients can have seizures even if they are communicating to you. Without the monitor technician it will be difficult to confirm that these seizures are occurring in the brain. It is important to know that seizure does not only mean uncontrollable muscle movements it is mainly the abnormal activity of the brain causing this disorder.
Step 2 Feelings <ul style="list-style-type: none">First time handling these types of patients made me feel nervous at the beginning of the shift, knowing my patients can have a seizure anytime. When my nurse did her rounds in the morning, she uses therapeutic words and actions towards the patient. It made me think about not to let your emotions control you. These patients are here to get the best care they need and no matter how complicated their diagnosis, know that this is a great opportunity to grow and gain more experience.	Step 5 Conclusion <ul style="list-style-type: none">I learned that it is expected to encounter challenges in a new environment. Also, in those new experiences be bold and always grab the opportunity to be involved for the purpose of learning and understanding. Being a nurse does not mean we show no emotions to our patients but being able to handle complex situations calmly and in a respective manner. Patients are there in the hospital in need of our care, not someone imposing a threat.
Step 3 Evaluation <ul style="list-style-type: none">After nurse rounds, I found myself an opportunity to go to their rooms and introduce myself as a student nurse. I asked them if they needed anything that I could help or assist. In doing so, I was able to communicate with them and got to know them more. This helped boost my confidence to take courage and ask simple questions to encourage therapeutic communication. I was able to do my assessments and gave her medications with a nurse's supervision.	Step 6 Action Plan <ul style="list-style-type: none">In professionalism, practicing good communication is an effective tool to build a relationship not only to your patients but also to your coworkers. It creates a good work environment. To further improve this practice in the future I should expose myself. As an aide I can practice communicating in a respective manner to my patients in the hospital.