

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>Me and another student went into a patient's room to help the patient with a task. We got to talking to the patient about her family and her children. This patient was particularly friendly and chatty but suddenly when her daughter was mentioned, she burst into tears. She went from completely fine one minute to crying the next. She then told us about how her daughter was a nurse but quickly after graduating, she sustained a back injury that ended her career. My nurse walked in while the patient was crying and glanced towards me because she was wondering what the issue was. We sat and listened to her, and she stopped crying quickly and continued telling us about the rest of her family.</p>	<p>Step 4 Analysis</p> <p>Ultimately from talking to the patient throughout the last two days, I think she is in a place where she really misses her family. The next day she was showing me pictures of her husband and telling me about how they met. She was saying that he really misses her and is depressed that she is not home. Many of her other children live out of town and haven't been able to visit. I believe she is lonely and feeling isolated. That is why I think she may have allowed herself to get emotional the day prior.</p>
<p>Step 2 Feelings</p> <p>I initially was caught extremely off guard when she began crying because we were having such a joyful conversation and then it abruptly turned very sad. I then felt really upset because I could not imagine how awful that situation must have been for her family. Later, my nurse was saying that she may be having emotional outbursts due to her dementia causing unstable mood. Although that definitely could have been the case, I feel like no matter what the reason for her emotional reaction was, it should still be taken seriously.</p>	<p>Step 5 Conclusion</p> <p>I learned from this situation to never assume you know what is happening with a patient. I knew this patient for maybe 5 hours when this occurred and so I obviously don't know her full emotional status or life history. I also learned that sometimes your patients may need you to just stay and listen for a little while.</p>
<p>Step 3 Evaluation</p> <p>The fact that my patient felt comfortable enough to share with us something traumatic from her life shows that she trusted us and felt safe with us. To me, that's a huge win when it comes to a nurse-patient relationship. Although it's not our only job to talk with our patients, I do think it's so essential to getting down to the root of their issues or personality to help them the best we can. I think both me and the other student reacted well by just allowing her to share and showing her that we were listening.</p>	<p>Step 6 Action Plan</p> <p>For the future, I hope to be the kind of nurse that digs a little bit deeper into what is going on with my patients. Although my nurse didn't mean anything negative by what she said, she automatically chalked her crying up to her having a history of dementia. I would rather be the nurse that takes the time to listen to what the patient would like to share and start building trust to find out if that's the case or not.</p>