

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. personnel / 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 After lunch the nurse, myself, and a fellow classmate were making our rounds checking on the patients. One patient was having a hard time waking up and responding to questions the nurse was asking. The patient was acting very strange during the focused neurological assessment. The nurse suspected he could possibly be having a stroke. He got sent down to get a CT and I got the chance to watch it. The imaging came back negative of any sign of stroke going on. I was continuously with the patient during this situation. We got back to the room and the doctor came in and talked with the patient, wife, and his daughter. He explained the results and assured them he will try to find out what is going on. During this time, I was just helping move the patient, cleaning up the area, and standing to the side watching everything going on. After the doctor left the daughter began to feed her dad which is the patient and she stated "he was acting strange" like he did last time when he had a UTI. The nurse said they will get an order to get a urine sample to check but for the mean time she would come back in a little bit to check back up on him.</p>	<p>Step 4 Analysis I applied my knowledge about strokes and how fast they can happen and you need to act immediately. I also knew the importance of lack of oxygen and the severe affects it has on your body. I did know UTI's can cause confusion in elderly patients. An issue of not delayed healing due to the possibility of having a UTI on top of his body being weak and trying to heal his arm. From seeing the condition of this patient, I could see how tired and weak his body was. I am unaware of what really was going on due to leaving before finding anything else out. Yes, the nurse had more experience which was so important. The nurse knew what to look for and the right questions to ask. I really enjoy hearing other people's experience because I learn so many new things from them.</p>
<p>Step 2 Feelings I was feeling really sad for the patient since they were older and had a lot of comorbidities going on. In the beginning I was thinking maybe it could be a stroke, a reaction to the meds we gave him a couple hours ago, or not getting enough oxygen to the brain. It made me feel sad that I couldn't help him and nobody knew what was going on at that time. When the daughter brought up the UTI, I was re-thinking what could be going on and that would make a lot of sense for how he was acting. This made me feel better in the sense that we could help the UTI and it not be a stroke. The final outcome of that situation before I left was not what I wanted. I wanted to know the urine results. I also wanted to see what other labs and tests they were going to perform on him to get an answer. I wanted to be apart of that process and help in anyway I could. I was very hopeful during that time I was there. I knew he was in good hands with the nurse and doctor were going to do everything they could.</p>	<p>Step 5 Conclusion I could have made the situation better if I knew more, I feel and could helped in that aspect of coming up with ways to help the patient during this time. Everybody else did their part very well during the whole situation. I could have talked to the family differently and really include them. I learned how to respond and talk to the family during a scary time for them.</p>
<p>Step 3 Evaluation The good thing out of this was the experience and knowledge I gained from seeing everything happen. The bad thing was not knowing what was happening to the patient. I did not know how I could help him during that time and that was a difficult feeling to go through. What went well was the patient started to talking and wake up when he came back from CT. I was good at grabbing everything they needed or even just fixing his pillows. The nurse was so good at talking to the family and patient. My classmate did a good job at talking to the family and including them. I did expect a sad outcome at first thinking it could have been a stroke due to how he was responding. Drawing his blood did not go as expected. They were only able to get a little bit of it and hoping it would work. I contributed by being the nurses helping hands and getting whatever they needed.</p>	<p>Step 6 Action Plan This was not the best situation for the patient but for my learning purposes this was a great learning experience. My conclusion is the patient will have a long recovery ahead and will develop atelectasis. The patient is not able to ambulate and is a mouth breather. Not being able to properly move and take deep breaths will not be good for the lungs. As an elderly the immune system gets weaker and the pt. had a lot of trauma to the body already. I would have checked the patient's lab values to correlate how they were affecting him. I now know the importance of it and how fast the patient can change mentally and physically. Yes, definitely I believe it can be applied to any situation. It was a really good learning experience.</p>