

## 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><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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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><b>Step 1 Description</b></p> <p>While doing a clinical at the PMH clinic, I was asked to get one of the patient's vital signs by the nurse. The patient was cooperative and helpful throughout the event, but I felt somewhat uncomfortable with the patient's sudden behavior. At first, I did not notice that the patient was restless and unstable, but I noticed after a while. The patient talked non-stop throughout the vital signs; he asked me if I needed help getting his vital signs and explaining where to put his blood pressure cuff. The patient then touched my hand to take out the stethoscope from my scrub jacket pocket. Once the stethoscope was out of my pocket, he released my hand, and somehow, he thought I was going to listen to his heart and chest. I was surprised by his behavior, but I stayed calm, and I immediately put my stethoscope back into my pocket and told him we didn't need it and that we are done taking the vital signs. After that, the patient sat down, and I left the room to report his vital signs back to the nurse.</p>	<p><b>Step 4 Analysis</b></p> <p>After putting the pieces together, I felt that the approach I used on the patient was inapplicable for him. He seemed uneasy and restless, so I should have more directive and made things short to the point. Instead, I approached him as I approached a typical physically ill patient. The patient's behaviors were like an ADHD patient; he could not stay quiet, he was excited, and some of his speeches were repetitive. Therefore, I feel that I should change how I approach the patient. I should have made things easier and asked for closed-ended communication to guide the patients.</p>
<p><b>Step 2 Feelings</b></p> <p>At first, I did not feel anything. I was glad to help the nurses since they were occupied with charting. During the event, I was shocked by the patient's sudden behavior. The patient was so far responsive and helpful even though he was showing signs of restlessness. The patient was not aggressive or harmful, so I did not expect him to do that. Overall, I think the event was another learning opportunity and taught me that I need to be careful and what to do in the future.</p>	<p><b>Step 5 Conclusion</b></p> <p>I believe I could make the situation better if I knew about my patient (H&amp;P, what he is diagnosed with, etc.) information. Unfortunately, the only thing my nurse told me was the patient's name, so I had no clues about the patient at all. The nurse and I later learned that the patient was diagnosed with schizophrenia, so it was understandable why his behaviors were disorganized. If we knew ahead about patient conditions, I could, or the nurse could tell me what to expect and what to avoid about the patient. The important thing that I learned from this event is that unpredictable things always happen, so stay focused, alert, and know how to handle them professionally, especially when taking care of PMH patients.</p>
<p><b>Step 3 Evaluation</b></p> <p>The good thing about the event was I gained experience, and it taught me what to expect when taking care of psychiatric patients. The bad thing was not knowing the patient history and background, so I did not know what to do and what to avoid. The easy part was the patient being helpful and responsive; he removed his jacket for the blood pressure cuff before I even opened the vital signs machine. I thought it would be challenging, but it was easier. The difficult part of caring for psychiatric patients was not knowing their history and physical (H&amp;P) and not having enough experience and knowledge of mental health. I feel that knowing somewhat about my patient's H&amp;P and having experience and understanding of mental health would enable me to help my patient effectively and prevent unexpected situations.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, the day at PMH clinical was educational. I had the chance to do a blood draw and see how the clinic function. I was surprised by the number of patients who visited the clinic. As I have mentioned before, I have little experience in mental health, so the event was unexpected and somewhat uncomfortable. However, it was a good learning experience for me. I can apply this to any event in the future; through the event, I know what to be aware of and expect when taking care of PMH patients.</p>