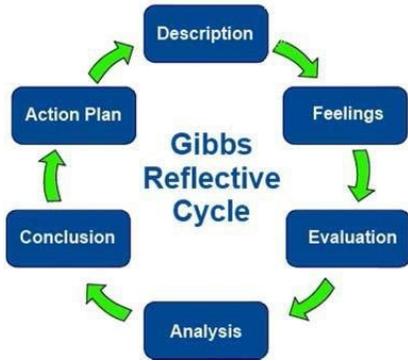


Covenant School of Nursing Reflective

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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?

Covenant School of Nursing Reflective

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>I was doing an assessment on a post-op patient that I had also taken care of on Tuesday. At the time I was thinking that the patient was very off from her baseline that she was at yesterday. The main result of the assessment was discovering that the patient had pinpoint pupils.</p>	<p>Step 4 Analysis</p> <p>The major impact of different perspectives is that everyone can have a different interpretation of a patient's status. For example, I was able to notice a change that a nurse who has never had this patient wouldn't be able to notice. Broader issues can arise from a situation like this if the patient's condition goes unnoticed and they are not able to treat the patient properly.</p>
<p>Step 2 Feelings</p> <p>At the time of the assessment, I was thinking of possible explanations for why the patient had declined so much in the last 24 hours. The words and actions of other made me frustrated. Other than Ms. Starch, no one wanted to listen to my concerns about the patients decline, especially in LOC.</p>	<p>Step 5 Conclusion</p> <p>Others could have made this situation better by assessing their patient. I have learned just how important bed side reports are as well as doing a full assessment on your patients. This is the easiest way to notice a change in condition.</p>
<p>Step 3 Evaluation</p> <p>The good thing about this event was that I was able to express my concerns to my instructor to get the patient help. It was difficult to get the nurse to listen to me, but we were able to go above her and get the doctor involved. I performed my assessment very well and this is how I was able to notice the decline in the patient and the pinpoint pupils.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think this was a very bad situation. Many changes in the patient's conditions got overlooked due to people not assessing their patient. This showed me just how essential it is to do an assessment on every patient every time and will be something I never skip in my future practice.</p>