

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>Patient family member was under the impression that when her mom takes codeine that she has an allergic reaction. The patient starts hallucinating every time she takes this medication.</p>	<p>Step 4 Analysis</p> <p>We monitored patient after giving the dose of hydrocodone every 10 minutes to make sure it wasn't a allergic reaction. She did have moments that she was slight confused but then was able to realize she was talking nonsense and would come back to.</p>
<p>Step 2 Feelings</p> <p>The family member was upset that we were giving her mom hydrocodone for her pain, because of the allergic reaction.</p>	<p>Step 5 Conclusion</p> <p>We explained to patient and family member that the reaction was a side effect and not a allergic reaction and the patient would benefit if she would up her diet intake to have food on her belly which will help her.</p>
<p>Step 3 Evaluation</p> <p>Family doesn't realize that the hallucinations are a side effect not a allergic reaction.</p>	<p>Step 6 Action Plan</p> <p>Have the patient eat before meds are given so the pain medication isn't on a empty stomach. Explained signs and symptoms for allergic reaction. Educated family and patient about the side effects of hydrocodone. Had the patient increase the use of her IS and getting up and moving more. This is to help keep her lungs open and her bowels moving due to the side effects of hydrocodone.</p>