

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?

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>Today after I returned from lunch, one of my patients had called the nurses station requesting to speak with their nurse. We called the nurse on her vocera and let her know that he was requesting her. After about 5 minutes or so, he called back again saying he still wanted to talk to her. At this point, I just decided to go into the room and see if I could explain to him that she was current busy but knew that he needed her and would be there soon. He got very upset and said "Well I just need someone to take out this IV so that I can leave. I'm really trying to leave." I explained to him that I couldn't do that for him without her because I was just a student but that I would go find her. He was mostly upset because his room was by the nurse's station, and he could see people sitting down. He had mentioned that everybody was ignoring him and didn't want to help. I then retrieved my nurse and she went into the room to talk with him.</p>	<p>Step 4 Analysis</p> <p>My patient ultimately felt like no one was taking his request seriously. Seeing people at the nurse's station doing what seemed like nothing to him made him feel like we were ignoring him. From previous experiences with discharging patients, once the doctor tells them they are free to go, they think that means they can get dressed and leave right away. We as nurses know that discharge orders have to be arranged, paperwork has to be done and so much more before the patient can actually walk out the hospital.</p>
<p>Step 2 Feelings</p> <p>At first, I was very confused because I didn't know he was being discharged today. So from my perspective, I enter the room and he's immediately telling me that he leaving right now. I was just caught off guard. But then I felt bad because I could tell that his frustration was coming from a misunderstanding. He wasn't understanding that his nurse needed to be the one to go through the discharge with him. He also wasn't understanding that it sometimes can take a few hours to actually get to leave.</p>	<p>Step 5 Conclusion</p> <p>The main lesson I learned was to always communicate with your patients. He didn't know whether we called his nurse already or not and he didn't know she was busy. Majority of the time, situations like this can be avoided with simple communication. This also taught me that we are constantly being watched in the hospital and sometimes things can get misconstrued without us meaning for them to. Just like how you told us the story of the patient/family that thought the students were texting on their phones but really, they were looking at their drug book.</p>
<p>Step 3 Evaluation</p> <p>I think my nurse handled his frustration very well. She seems to be a super calm person by nature, so she definitely didn't let the situation affect her too much. For me on the other hand, when I get overwhelmed or frustrated, I tend to outwardly let that show in my tone and facial expressions. And by no means was I rude to this patient at all but I don't stay as calm and collected as my nurse does. That could also be because she encounters upset patients much more frequently than I do.</p>	<p>Step 6 Action Plan</p> <p>In hindsight, I wish I would have just gone in the room to talk to him initially when he called the first time. Explaining to him that his nurse was busy and would be in the room shortly could have potentially saved us from having such an upset patient. Today helped me build my communication skills as well as decision making ones. I hope to take each experience in nursing school and form a tool belt of skills that will help me succeed once I'm on my own.</p>