

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>Yesterday I had the opportunity to see a patient I had last week. I had the pleasure to talk to his family and him about his condition. This patient had his toes cut off due to having diabetes. I felt so close to this patient because he reminded me so much of my grandpa who I was extremely close with. This patient was dealing with anxiety and depression because they had to cut his toes off. He was a working man who lost his wife a year ago and his children did not live near him. I spoke to him about when he was getting out and where he was going. He said the doctor wanted to cut more of his foot and send him to mi casita care center for rehab. I held his hand while he teared up and listen to his concerns. I told him God knows how strong we are, and he will be with him on his journey. I will never forget this patient.</p>	<p>Step 4 Analysis</p> <p>This experience has made me realize that nurses are much more than passing meds its about loving the patients and treating them like family. I will use this experience as a learning moment that patients are people not just labs. I have heard and seen some nurses talk bad about he patient. I have heard them get so tired of the patients calling them all the time or asking questions. This patient taught me that people are hurting in the hospital and feel helpless. I know that feeling of feeling helpless and nobody understands what you are going through and Mrs. Starch was so amazing in getting me through a tough time with my daughter and I want to give that same love and care for the patients I take care of.</p>
<p>Step 2 Feelings</p> <p>In the beginning of clinical I did not expect to feel so sympathetic to a patient. His children told me he is the best father and person and I related so well because older people work their whole lives and when something so tragic happens to them they blame themselves. It was very sad for me to see a man who talked about working depend on people he doesn't know. He was so kind and held my hand while he was tearing up. I gave him a hug and I have just been thinking about him so much.</p>	<p>Step 5 Conclusion</p> <p>I learned again why I want to become a nurse and what it means to sympathize with people in the hospital. I think I could have made the situation better by finding out what the doctor wanted to do with him. He was terrified about the physician wanting to cut off more of his foot and I believe that if he had more answers it would help with his anxiety. I wish the physician just amputated the whole foot so he would not have to go back into surgery. That was his fear.</p>
<p>Step 3 Evaluation</p> <p>This experience showed me that I am fighting to become a nurse because I love people and I am where I am supposed to be. When I started my nursing journey I did it because of job security and every time I go to clinical I find my self so humbled by the patients I meet and get to help. With older Hispanic men I know how much their pride means to them and I feel so honored that I get to help patients with medicine and comfort. I helped him by just sitting next to him and holding his hand and listening to him. Sometimes all you need is for someone to say it will be okay and I had the opportunity to do that with my patient.</p>	<p>Step 6 Action Plan</p> <p>Overall, this experience will make me a better person and nurse once I graduate. I know I want to work with older patients in the future. I love working with the older people because I feel like I can relate more in what they are going through because I had to take care of my grandpa before he passed away. My grandfather was a hard-working man who only went to the 3 rd grade, so I know that these people do not always have the education to ask questions or feel comfortable when speaking to a physician. I will always remember this gentleman and just by taking care of him he has made me see patients in a different light.</p>