

# 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.

<b>Step 1 Description</b> <ul style="list-style-type: none"><li>I got to remove a suture today with my other classmates. I watched them removed the JP drain after cutting the sutures. We asked the patient if she felt it taking out and she did but she did not feel any pain while were removing the tube.</li></ul>	<b>Step 4 Analysis</b> <ul style="list-style-type: none"><li>The tube was flimsy but manageable and I'm glad Naomi was able to get it out without complications. We also examined the skin making sure there's no visible s/s of infection. The patient was happy with the removal so she won't feel a tube hanging on her back anymore.</li></ul>
<b>Step 2 Feelings</b> <ul style="list-style-type: none"><li>It was a great experience. I was able to finally cut a suture in a real patient's skin. I also understand more about the drain and how it works in real life.</li></ul>	<b>Step 5 Conclusion</b> <ul style="list-style-type: none"><li>The tube was not long and I could be able to hold it in my hands even though it was flimsy. Cutting sutures is not always easy, you have to maneuver in order to see what you're cutting. Also, if you feel any resistance while pulling the tube, stop and see what's going on then continue once the problem is resolved.</li></ul>
<b>Step 3 Evaluation</b> <ul style="list-style-type: none"><li>It was easy for me to watch it being taken out and being able to have a hands-on experience. The difficult part for me was coiling the tube when pulling it out. I wasn't able to do it, because I thought it might not fit in my hand and accidentally drop it but I should have tried.</li></ul>	<b>Step 6 Action Plan</b> <ul style="list-style-type: none"><li>I'll practice again how to coil a catheter and holding it in my hands. I know this skill is similar to inserting a catheter and I must be able to know how to do it to provide proper patient care. I should take note on myself not to hesitate when opportunity of a skill experience is right in front of me.</li></ul>