

Covenant School of Nursing Reflective Practice



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. <u>Remember to 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' perspectives?
<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>I had just finished my daily assessments, and my nurse asked me if I had done an IV start before. I had not so I volunteered to do it. We went to the medication room and got all our supplies. I went inside the patients room and let them know that I was going to start their IV.</p> <p>I ended up hitting the vein first try and had the nurse guide remind of the steps for securing the IV.</p>	<p>Step 4 Analysis</p> <p>It would have spanned out differently if I had been more doubtful of my skills. I have heard and seen many nursing students go in scared so they end up missing the vein or sticking them more than needed. I really did feel like having good prior knowledge of what to do and having a great nurse or instructor be there for reassurance helped tremendously.</p>
<p>Step 2 Feelings</p> <p>I was feeling a bit anxious at first since I had seen my classmate do a stick and blood draw. Once I entered the room I always put on a confident persona so the patient is never in doubt. I felt this went well for me.</p>	<p>Step 5 Conclusion</p> <p>I learned a lot from my nurse she was very helpful in making sure I had all the supplies and were using good body mechanics. I One way I could have made the encounter better would be whenever the patient had insisted on me sticking them on their anti-cubital. I always have a hard time figuring out what to say to the patient in letting them know I am doing the most appropriate action. The nurse ended up telling them that we are the licensed professional.</p>
<p>Step 3 Evaluation</p> <p>Not only did I get some practice in sticking an IV which is always helpful, It gave me a real confidence booster since I had a good idea of how it would have gone. It was nerve racking right before I stuck the patient, but after I anchored the vein I went for it.</p>	<p>Step 6 Action Plan</p> <p>I thought overall the experience went great. I could use this practice in my future experiences by making sure the patient is comfortable and ready. When the patient what was going on and the process it did make it go by faster without them being too afraid or anxious about getting poked.</p>