

## 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. personnel / 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.*

<p><b>Step 1 Description</b></p> <p>So this week at clinical, I encountered my first patient that I personally knew. I walked into the patient's room in the morning, and I immediately knew who this person was. I decided that I felt comfortable enough to pass meds with my nurse on this patient in the morning because he had a few drains and an ostomy bag that I had never seen before. After that, I never returned back to the room. I allowed my nurse to assume the rest of their care.</p>	<p><b>Step 4 Analysis</b></p> <p>I now can see why HIPPA is put into place, protecting patients' identity and privacy is so important. I never fully understood why keeping your patients name and personal information a secret was imperative, I just always knew it was something we are taught to do. In reality, you never know how people are connected and who may know who.</p>
<p><b>Step 2 Feelings</b></p> <p>I initially freaked out because this a new situation for me to have encountered. Honestly, this is a situation I never even thought of as even possible because I don't know many people in the area. Although taking care of patients you know isn't necessarily wrong, it feels like a bit of a conflict of interest. I feel like without even meaning to, you would make different decisions or treat your patient slightly different than you would a complete stranger. I just personally didn't like that feeling and that's why I never returned back into the room other than to bring my nurse some supplies. I communicated to my nurse that I wasn't going to be taking care of him and she said that she understood why I felt that way.</p>	<p><b>Step 5 Conclusion</b></p> <p>I don't think this situation could have gone any better than it did but I learned a lot from it. I learned to communicate with my nurse and in the future, my coworkers about situations that I'm not comfortable with and allowing them to help.</p>
<p><b>Step 3 Evaluation</b></p> <p>I thought it was good that this situation happened to me because I now know how to handle it in the future. It was also difficult seeing someone you know in a state that you aren't used to seeing them in. This gives me more perspective on how some of our patients are normal functioning adults outside of the hospital and we are getting to see them in their most vulnerable form.</p>	<p><b>Step 6 Action Plan</b></p> <p>Like I had stated before, I've never considered what I would do if I was ever assigned someone I knew. I've never been so anxious walking into a patient's room, something about being there felt illegal even though I know it wasn't. Today was definitely a big day for learning.</p>