

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?

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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 performed an assessment on a patient who had suffered a stroke. I also gave the patient their medications. I did the med admin alongside the nurse and then did the assessment on my own.</p>	<p>Step 4 Analysis</p> <p>One broader issue that I can see arising from this situation is the patient being able to communicate his wants and needs to staff and friends. This could create problems if the patient needs something, and someone is unable to understand what he needs. I noticed that other people had a similar experience as me because they too were struggling to completely understand what the patient was trying to communicate.</p>
<p>Step 2 Feelings</p> <p>Performing the assessment made me feel sad for the patient. This was the most important feeling I had because it made me want to help the patient as much as I could in the short time that I was with him. It also made me feel grateful for my role as a nursing student and being allowed to help these patients.</p>	<p>Step 5 Conclusion</p> <p>I am not sure what I could have done differently but one thing I learned from this event is just how important communication is, especially as a nurse. One way to make this situation better would be to spend more time with the patient so that I could learn what his body language was telling me.</p>
<p>Step 3 Evaluation</p> <p>What was difficult with my assessment was the communication barrier. Due to the stroke, the patient could not speak clearly so it was hard for me to understand what he was telling me. I think I did a good job of listening to the patient and processing what he was saying which allowed me to complete my assessment to the best of my ability.</p>	<p>Step 6 Action Plan</p> <p>Overall, this situation showed me how important it is to observe body language and facial expressions as these can be a great form of communication, especially when the patient is unable to speak clearly. I can use this to better observe my patients and what simple movements or actions may be trying to tell me, especially when the patient is unable to say what they are feeling.</p>