

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>On Tuesday we had a scenario where my classmate and I had to intervene with our self judgement. Our patient was a diabetic and was starting to show hypoglycemic symptoms and we had to act quickly. We had no precautions for when the patient would get hypoglycemic, so we had to call the doctor to see what he wanted us to do. The patient was refusing to eat or drink since they would just vomit everything up. If not having a snack or some sugar would have done the patient better and quickly.</p>	<p>Step 4 Analysis</p> <p>With my fellow nurse having to step out and grab medications and contact the doctor for protocols left me in with acting on the patient. My classmate might have felt guilty in some certain ways since she wasn't with me, but to me either ways there was no better thing to do but to get ahold of the doctor and medication for the patient since they were unable to hold anything down. It could have made a difference with her being there and able to bounce off one another.</p>
<p>Step 2 Feelings</p> <p>I had mixed emotions after the whole scenario. I felt as prepared as I would have gotten, especially with having a other nurse along side with me. I felt very flustered after the interaction. I knew what symptoms my patient was exhibiting but the initiative for action was delayed. I just didn't know how to act in that scenario especially since there was no protocol having to critically think to contact the doctor wasn't the first thought of mind.</p>	<p>Step 5 Conclusion</p> <p>I could have had a different thought process when going into the patients room. I should have known with her being a diabetic that there is always a possibility of there blood sugar dropping. I could have prepared better with knowing some interventions with patients who are NPO or have impaired swallowing. Which in this case the patient could not hold anything down without having severe nausea or vomiting.</p>
<p>Step 3 Evaluation</p> <p>It made me realize that there was much more than just to patient care than other than giving what is ordered. It humbled me since having the confidence in knowing what is happening makes all the difference, so once I didn't know what was happening it made my way of thinking shut down and not be able to deduce what was happening in the situation. It was rather difficult knowing I wasn't sure what was happening with my patient.</p>	<p>Step 6 Action Plan</p> <p>I thought overall this scenario helped me see that I have much to improve on. I have the critical thinking when in situations but once something is thrown in I had panicked in a way. I could use this experience moving forward to always keep my calm, and realizing that initiating action is not always the best course of plan. Despite the circumstance the only thing was to contact the doctor and not to be so hard on myself and for my classmate on themselves.</p>