

## 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.*

<p><b>Step 1 Description</b>          This morning one of my new admissions from the night prior had found out she was getting her leg amputated and was really upset. My nurse and I were talking to her about her medicines when she randomly stated saying she was not going to make it, and it's not going to heal. Something made me ask why and she confided in us that she was depressed and has tried to commit suicide and if she could she would try right then.</p>	<p><b>Step 4 Analysis</b>          The broad issue coming from this is our mental health system is flawed. I understand they may be super busy, but she came to us for help and that includes her mental health. Depression and suicidal ideation will have an impact in her healing and health.</p>
<p><b>Step 2 Feelings</b>          The event made me feel sad because she has a family who loves her and she was wondering why this had to happen to her. Honestly, I am upset by the outcome, and hope that before she discharges someone actually gives her the mental health help that she needs.</p>	<p><b>Step 5 Conclusion</b>          Right now I am a nursing student so I try not to step on any toes, but that was hard today. I felt like she was not properly advocated for in that moment and I think my nurses could have made it better by asking the family and sitter step out while she consults with psych.</p>
<p><b>Step 3 Evaluation</b>          It was difficult to see someone's mother, and grandmother so upset by a dx and wishing she could die when she was fairly young to be thinking of death. It was really hard for me to see the psych team come in and assess her in front of all of her family members. To get a true reading of someone's depression I think it should be a one on one kind of deal, because now she has to feel like there may be judgment instead of getting the individual help she deserves.</p>	<p><b>Step 6 Action Plan</b>          I have learned from this and when I have my own patient loads as a nurse I will be requesting that the 10 family members step out of the room in the kindest way possible. Having that many people around is bound to get false answers due to embarrassment. I would also consider using this time to educate the family privately on ways they can support her during this trying time because losing a limb is hard on anyone let alone someone who already was depressed and feeling hopeless. I am however glad the family did come to see her and it shows she does have support and can make it through these trying events.</p>