

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</p> <p>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</p> <p>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>Today my nurse was very busy with 5 patients. In the morning she gets her meds ready to help with time. She was very busy all morning. While she had so much to do, she also ran into so many problems. In two of the rooms the scanner for the meds stops working. She had an order to draw up blood in two rooms and the printer stop working. When she was getting her meds in the med room closest to her station some meds were not stocked up. While all this was happening to her, she also had two patients who needed assistance with feeding.</p>	<p>Step 4 Analysis</p> <p>In this situation I learned that you must prioritize and manage your time well. Not everything will go right so you must be ready for changes at any moment. I also learned that working in a hospital is such a huge team effort. Everyone is important in the hospital settings. The people that stock the meds, the maintenance, the dietary is all so important to the nurse. Communication and teamwork can make you day better.</p>
<p>Step 2 Feelings</p> <p>I could feel she was getting so frustrated and overwhelmed. I felt so bad for her because while all things that could go wrong today she also had to take care of a patient who was detoxing from alcohol. Things were not going in her favor and she did snip at one of the transporter co-worker. When I was following her today I thought to myself... nurses do so much.</p>	<p>Step 5 Conclusion</p> <p>I think I contributed my helping the aid take baths and get vitals. I also drew blood and gave meds with my nurse. I tried to help as much as I could and wanted to stay out of the way because I knew my nurse was going through it today. Her attitude changed when she kept running into problems. I learned that what is most important when you run into problems is how you respond to the situation. You can have a good day or a bad day depending on how you chose to react to the situation.</p>
<p>Step 3 Evaluation</p> <p>If her equipment worked like it was supposed to my nurse could have done her job better and not been so short with the transporter. The nurses frustration was getting to her and how she took care of her patients. I noticed that when she gave her meds she would just try and hurry to get out of the room as quickly as she could. The whole time I was there I did not see my nurse make any assessments because she was so busy and overwhelmed.</p>	<p>Step 6 Action Plan</p> <p>Overall, this situation showed me that you do so much as a nurse. You must learn to adapt quickly to different situations that you are not planning for. Talking to Mrs. Heinrich about what was going on helped because she gave such good advice. Tuesday was so much different than today. It changed so fast. Although today was crazy I enjoyed it very much. I got to see so many different problems that can happen and I also got to see how my nurse had to handle and fix these problems because the day still goes on and the patients still need excellent care.</p>