

## 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.

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| <p><b>Step 1 Description</b><br/>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<br/>eg. personal / patients / colleagues?</li> </ul> |
| <p><b>Step 2 Feelings</b><br/>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.*

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| <p><b>Step 1 Description</b></p> <p>At clinicals this week as my nurse and I were passing meds when a patient does not have continuous IV fluids running, she likes to flush the INT to ensure it is working properly. As the student nurse she allowed me to flush the IV's, but as I flush, I always ask my patients if it hurts or causes them any pain. To feel a sensation of coldness is normal, but it should not be painful, swollen, or leaking. For two of our patients, I noticed through objective and subjective data that the IV's were not working properly, so we needed to restart two new IV's. I was grateful for my nurse as she allowed me to have a chance in starting two IV's when I have never even started one before. With our first patient I was unsuccessful as I barely missed the vein, and it blew. I didn't think my nurse would let me try on the second patient because I was unsuccessful, but she did let me and guided me very well and I became successful in my second attempt which was my first IV stick!</p> | <p><b>Step 4 Analysis</b></p> <p>From previous knowledge I understand that without a properly working IV it can cause harm to the patient by ineffectively not distributing medications and fluids as well as harming the skin if medication were to get into the tissue of the skin. Broader issues that would arise would include infiltration, infection, phlebitis, and extravasation which can all be harmful to the patient. To make sense of the situation is to start a new IV that is properly working for it to be unharmed which is what we did. Both my patients' experiences were similar as they were both leaking fluid out their IV when I was pushing saline. As I was telling my nurse this week, I feel my personal perspective plays a major impact on the safety of my patients. I finally understand what it feels like to be the patient have so many infiltrated IV's that nurses try making work even though it is painful, so I always try to advocate for my patients to ensure they are safe.</p> |
| <p><b>Step 2 Feelings</b></p> <p>Before I made any attempts, I was feeling nervous in my ability to be successful. After the first IV attempt I was feeling discouraged because I was unsuccessful, and I felt I wouldn't be successful in my second attempt. However, before going in the second patients room my nurse gave me a small pep talk and explained how many times in her nursing career she has failed, but she would get back up and try again. So, she gave me the confidence boost I needed to for my second attempt and was successful! My first IV stick has made me feel so confident in my ability as a nurse, and I hope I continue to do well! The most important feeling I have felt from this experience is to never give up and have confidence in my abilities.</p>  | <p><b>Step 5 Conclusion</b></p> <p>What I feel could have made the situation better was effectively communicating to my patients as I was in the process of starting an IV, and the importance of having a working an IV rather than just leaving it out. I think everyone made the situation as good as it could be. My first patient was sweet about letting me try even though I was successful, but he told me I did good and to not give up. My second patient was the sweetest lady, and she said I did not even hurt her, and she was appreciative of me and said I did good. My nurse made me feel very confident in myself as well as she was hyping me up for doing a good job. I also felt so happy because my instructor and my clinical group were so supportive in me, and it truly made my day how supportive everyone can be!</p>   |
| <p><b>Step 3 Evaluation</b></p> <p>The good thing about this experience is that I was able to successful start my first IV, but the bad thing about it was that I was unsuccessful in my first attempt. In the process of starting an IV I felt it was easy to find a good vein to use, but what was difficult for me was aiming the needle to the correct position to get blood return and show successful insertion. It took a little bit of digging, but after I finally figured out the vein was superficial, I was able to angle it in the correct position and be successful. I honestly expected to be unsuccessful in both of my attempts, but I'm glad the outcome was not that.</p>  | <p><b>Step 6 Action Plan</b></p> <p>Overall, I feel content about my first successful IV start experience. I think some things I could do differently next time is effectively communicate to my patients the need for a new IV and talking out the entire process to them as well. One small lesson I want to carry on throughout my nursing career is to be there for my clinical group or whoever I end up working with as in cheering them on when they do something successful or even when they don't and still need some encouragement or confidence. I want to do this because it has truly made me feel like something I thought was so small turned into some major accomplishment I was able to do with the help of my friends, instructor, and nurse. This lesson will also help me in the future to be more confident in myself when attempting things for the first time.</p>   |