

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>Today I got to follow one of my patients and watch them get a colonoscopy. I was alongside Alex and the endo nurse, Morgan. My job was just to observe the procedure.</p>	<p>Step 4 Analysis</p> <p>One thing I can apply to this situation is how much of a difference good coworkers can make in your everyday job. Broader issues can arise when you have a team that isn't friendly and doesn't work well together. This situation real put this into perspective for me and I know Alex felt the same way.</p>
<p>Step 2 Feelings</p> <p>Morgan's words made me feel very welcomed and comfortable. I could tell she really cared about educating us and keeping us informed. This was the most important thing because it opened my mind to learning some new things.</p>	<p>Step 5 Conclusion</p> <p>I don't think anything could have made this situation better because it was such a good experience. One thing I learned is just how important it is to have a good team and to treat others with respect. These are things that Morgan showed me and I can't say enough good things about her.</p>
<p>Step 3 Evaluation</p> <p>The staff was the best part of this event. The procedure was relatively easy and was very quick. I expected it to take longer than it did honestly. I contributed to the procedure by calming the patient's nerves beforehand and making sure she was comfortable.</p>	<p>Step 6 Action Plan</p> <p>One thing I can apply from this situation to situations in the future is to treat others how I want to be treated. I believe everyone should be treated the way Morgan treated us and that is something that I will always remember if I have students follow me in my future career.</p>