

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>This week we were able to take a patient down to hydrotherapy in the morning. Mal and I watched the nurses take out and change the suction on the machine so that the wound could be cleaned out. In this situation, we really just watched and learned but it was very interesting, and we were able to provide the patient comfort. The result of the procedure was that the sponge was taken out and changed and then the suction was replaced for the wound vacuum.</p>	<p>Step 4 Analysis</p> <p>I have heard a lot about wound treatment and hydrotherapy while working on the floor and we also just had our tissue integrity lecture, so applied prior knowledge from that to this situation. Broader issues that arise from this event was the importance of wound care and it is very important to do the dressing change well and apply the suction right so that there would be no further infection. Other people also seemed to think that hydrotherapy was very interesting and seemed like they had had a similar experience when watching the procedure. The nurses experience really reflected onto us because they really knew what they were doing and explained it well to people that had never seen the procedure done.</p>
<p>Step 2 Feelings</p> <p>In the beginning, I was very excited to see this done and also to see the patient wound without a dressing on it because I haven't been able to perform wound care yet. This event made me feel more knowledgeable because now I can describe the procedure in detail because the nurses described and showed us the procedure so well that it made me confident and comfortable in teaching others. The wound was clean, and everything was successfully changed. The most important feeling I had during this was curiosity and I believe that this was important because without curiosity, we wouldn't want to learn anything.</p>	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • What could you have done differently? What have you learned from this event? <p>I could have made the situation better by having more background information on hydrotherapy because it was nothing like I had expected. I don't think anyone could have made the situation any better because everyone was great and knew what they were doing. I would have researched hydrotherapy before going down as well as provided more patient care while the actual procedure was being done since the patient was in pain.</p>
<p>Step 3 Evaluation</p> <p>The good thing about this was that we got to learn a new procedure and watch it while being done. The overall procedure seemed very easy, but the patient seemed like they were in a little pain which was the bad thing about the event. The nurses did such a good job at demonstrating the procedure and teaching it to us in terms we understood. I didn't really expect a different outcome because I read on the patient's chart that her wound was healing well and the change of equipment went well. I contributed to this by actively learning a new procedure and now I have extensive knowledge about it.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think I learned a lot about this procedure and about wound care in general. I would just have more prior knowledge before taking a patient down to a procedure that I didn't know anything about, but I will use this in the future to promote patient teaching and comfortability. This has taught me about professional practice by showing the importance of hygiene, patient teaching, and showing me the many ways in which we prevent infection. I will use this in the future when taking care of patients with wounds and hopefully I can teach them about what I learned today.</p>