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.

Step 1 Description A description of the incident, with relevant details. Remember to maintain patient confidentiality. 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 • 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?	**Step 4 Analysis** • 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'
Step 2 Feelings Don't move on to analyzing these yet, simply describe them. • 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?	**Step 5 Conclusion** • 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?
Step 3 Evaluation • 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?	**Step 6 Action Plan** • 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.

Step 1 Description My patient has been so ready to go home because he has been in the hospital for about a month. Today we went down to hydrotherapy in hopes of him getting his wound vac removed from his abdominal incision. His wound looked so good, even since last week when we went. He was so happy to have the wound vac removed as that was what was keeping him from going home.	Step 4 Analysis I think the experience I had with this patient and his journey goes to show just how important medical care is. He fought multiply infections and sometimes his outcome didn't look promising, but with good nurses and medications he was able to have a successful outcome and go home to his family.
Step 2 Feelings Today it felt good to see my patient be discharged. He has been on our floor since the first day of clinicals. To see how much progress, he has made after facing one medical problem after another is amazing. It made me happy to be able to follow his journey every time we have been to clinicals and to see him finally get to go home on my last week there.	Step 5 Conclusion In conclusion, again, the importance of good medical care with quality antibiotics and medications are imperative in a situation like my patients. If he would not have gotten the care and medication's he needed he would not be alive today. The medical field is such a fascinating thing and the things we can accomplish is such a blessing.
Step 3 Evaluation I think that today went well for my patient and myself. When we went to hydro the nurse was teaching him what he needed to do at home, and I had added my own personal experience with wound care. I also, advocated for my patient and sending him home with enough wound supplies to get him through a week or so because he has no insurance and wound supplies is expensive.	Step 6 Action Plan Overall, I am grateful that my patient was discharged before my last day at clinical. I have seen him go from in pain and not happy, to walking the hall and laughing. I learned about wound care and why they do what they do and how to do it. I learned so many things with just this one patient that I will be able to use in my future as a nurse.

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