

# 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><b>Step 1 Description</b> 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 eg. personnel / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b> 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.

<b>Step 1 Description</b> <ul style="list-style-type: none"><li>The aide on floor was needing help to change the patients soiled pad. The patient is currently having diarrhea and stated her stomach was very gassy. Whenever she has a bowel movement it was just painful for her. She was also concerned about a skin tear so we gave her a barrier cream. The patient was apologetic and embarrassed to us because of her situation.</li></ul>	<b>Step 4 Analysis</b> <ul style="list-style-type: none"><li>While doing patient care, the patient complained that her bottom felt raw from liquid stools every time. She was scared to have a skin tear and pointing on her arms were all the bruises from the IV. The patient stated her skin looked so bruised and easily wounded. We assessed the peri area and her bottom making sure there aren't any breakdown. We also added some protective barrier cream to the patient's skin.</li></ul>
<b>Step 2 Feelings</b> <ul style="list-style-type: none"><li>When we turned the patient, she grimaces in pain and held my hand that was on the side of the rail. I sympathized with her by tapping her back reassuring that it was okay. That moment I felt like there was nothing I could do for her but being there and reassuring the patient that we're doing the best care for her.</li></ul>	<b>Step 5 Conclusion</b> <ul style="list-style-type: none"><li>After patient care, we placed her on a comfortable position. She looked so relieved and stated she was a little bit refreshed but still worried because she will be asking for a bedpan again. We reassured her to be there and clean her if ever it happens again. We make sure that the calllight is reachable to let us know she needs to be changed.</li></ul>
<b>Step 3 Evaluation</b> <ul style="list-style-type: none"><li>Turning the patient and watching her being in a lot of pain was not easy for me. It was though, we caused that pain for her but we need to properly clean her behind to impede further complication such as skin tears or pressure ulcers and infection in the future. We did a good job as a team turning her and cleaning while also addressing patient's concerns.</li></ul>	<b>Step 6 Action Plan</b> <ul style="list-style-type: none"><li>The patient is high risk for skin impairment especially skin tear. She needs to be monitored at least every 2-3 hours and turned. I should have offered fluids or food to the patient knowing she have a diarrhea. It can help replenish electrolytes she's lost. Lesson that I learned is that no matter how busy your day was every patient should be cared holistically and not just passing meds or having little conversations with them. As a nurse, you should see if your patient is comfortable and trying your best to answer concerns they have.</li></ul>