

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>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.

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| <p>Step 1 Description Today I went to the Dove Tree Ranch for clinicals. I got to talk to the patients there quite a bit and hangout with them all day. In the morning, I was a part of the women's daily morning intention where they read a page of a book and go around and say what they think about it, their intent for the day, and an affirmation. I also had the chance to go to meditation and two different groups during the day. The second group was for everyone, and a psychologist led it. She talked about the brain and what drives addiction, which I thought was very interesting. The first group was more of a small group where everyone went around and talked about how they were feeling today.</p> | <p>Step 4 Analysis This experience will help me not only in my future nursing career, but also in my personal life. I enjoyed learning from the psychologist about the brain and learning more about the psychology of addiction. I think today was good practice for me with talking to people and practicing therapeutic communication. I think you have to be careful with what you say and how you say it especially with psychiatric patients so that you do not come off as judgmental when they are expressing how they feel or talking about what they are going through. I think being able to be a good active listener is important and I was able to practice doing that today.</p> |
| <p>Step 2 Feelings In the beginning I was a little nervous because I was not sure what to expect. I went to SIM last week, so this was my first actual psych clinical experience. Once I got there I was not as nervous because everyone seemed nice, and they were welcoming. I was happy to be there and was excited to see what I could learn from the patients there. I thought it would be weird at first, since I was not there for rehab and I was just kind of following people around and talking to them, but it was not weird like I thought it could have been. I honestly felt very at peace and calm during my experience.</p> | <p>Step 5 Conclusion I think I did a good job of stepping out of my comfort zone and talking to different people throughout the day. I followed one patient around the most during the day, but I eventually talked to more people as the day went on. I could have been more intentional to talk to even more people though. Personally, I think I am not the most out-going person, but I tried to be engaged and present during the encounters I had today. I think one of the biggest things I noticed from today, was the sense of optimism that Dove Tree promoted. The people who shared today may not have been where they would like to be, but they were making the best of it.</p> |
| <p>Step 3 Evaluation I liked my experience at Dove Tree today, because of the people I met there. Also, it was a great experience for me because it was refreshing for me to take a step back from stress in my life. I enjoyed getting to know some of the patients there and getting to self-reflect a lot also. I feel like meditation was a great time for me to think about my own life. Personally, I think it was a great way for me to learn new coping strategies because I am not too great at that in my own life.</p> | <p>Step 6 Action Plan The main thing I learned from today was that you get out what you put in. Whether that be for a patient in rehab or for me during clinicals. In any situation, you get out what you put in. I tried to have that mindset throughout the day, and I also saw it at work in the patients. I plan on using what I learned at Dove Tree for my clinicals next week by being an active listener and communicating effectively. I can also use what I learned in my future nursing career, and in life in general by having a more positive outlook and being more intentional in all aspects.</p> |