

## Covenant School of Nursing Reflective Practice



*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. <u>Remember to 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. personal / patients / colleagues' perspectives?</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.*

<p><b>Step 1 Description</b></p> <p>My patient had a Jackson pratt drainage from their surgery, and the night nurse had explained in transfer that the patient hasn't had any drainage in the last 24 hours. Later that day my nurse got orders to go ahead and discontinue the drain. We got suture removal, gauss and a bandage. We entered the room and raised the bed to a comfortable level. The nurse double checked that there was orders before removal and I started off with peeling the clear coat plastic bandage. Used the gauss to put pressure on the drain and pulled out the drainage quickly.</p>	<p><b>Step 4 Analysis</b></p> <p>The most important aspect of this all was using aseptic techniques. I made sure to do hand hygiene before and after the removal of the drainage. I had clean gloves on and all my supplies readily near me. In between after removing the wrap we used a damp towel and just went along around the drainage and let it dry. All while having gauss with pressure over it. The pressure was to create coagulation and having the incision heal on its own without having to put anything on it. After that we put on the bandage over the gauss and the nurse documented everything from her expressions to any drainage that came out during the event.</p>
<p><b>Step 2 Feelings</b></p> <p>Up to this point I had never seen a removal of a JP drain. I was curious and eager to see how it would be like. I was genuinely surprised when I saw how long the catheter was. The patient also expressed how it hurt when we pulled it out, but the nurse explained how it tends to be uncomfortable and painful when removing the drainage. The catheter kept on coming out after 3-4 inches and I was relatively going fast. It ended up not having any drainage come out after it was removed and little to no bleeding.</p>	<p><b>Step 5 Conclusion</b></p> <p>What could have made this situation better would be to be prepared for the patients reaction to the event. Like I said I got a little startled and tense when I was removing the drain and was surprised by how long it was. The patient during that was saying how it hurt and gripped the bed rails a little tight and the nurse had to reassure me that I was doing it correctly and safely. I pulled it out moderately fast, but my nurse said how I could have pulled it out more swiftly. I just was not aware of the risks if I did pull it out too fast or too slow and for the next time I am in this circumstance I will have better knowledge and experience.</p>
<p><b>Step 3 Evaluation</b></p> <p>My nurse was explaining the process of removal and I learned a lot from this event. It was rather difficult removing the suture with the suture removal scissors. It was stuck to the little pad that was over the incision and the patient expressed pain during it and the nurse ended up coming around and cutting it off. I removed the wrap around the drain and as well as the removal of the catheter itself. The patient expressing her pain through her faces had made me tense up a little bit but with the help of my nurse I got through it.</p>	<p><b>Step 6 Action Plan</b></p> <p>I was very interested overall and definitely was my highlight of the day. I would be more confident in myself next time and that alone would help me be a better nurse. With different removals such as a line or a drainage of some sort, I will be better experienced for it and will be confident in my skills. The nurse was explaining how some catheters can be thicker and shorter and it really just depends on the surgery and where it is placed. That made me be more open minded and careful with any type of removal from the patient's body.</p>