

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.

Step 1 Description <ul style="list-style-type: none">• My patient is confused and needed a neurological assessment. I failed to perform full neurological assessment but was able to push through ensuring medications are properly given. My instructors properly conveyed the mistakes I did and I did not catch on the lacking requirement that is needed for the assessment.	Step 4 Analysis <ul style="list-style-type: none">• My instructors noticed while doing my assessment, I was all over the place. Instead of doing it from head to toe, I started from the feet back again to the upper extremities. It threw me off, partly because I was nervous and just the thought missing something really did frustrate me. Another thing was I think I relied on my paper too much instead of committing it by memory.
Step 2 Feelings <ul style="list-style-type: none">• I feel frustrated on myself on the first scenario because I missed the part were the patient needs to feel the cold sensation. Although, I did it on the legs I missed the upper extremities. The second try I missed HGTW and flexion & extension. I'm grateful for my instructors for giving me another chance and was there to comfort me when I was in the middle of breaking down. I will never forget this moment and will learn from my mistakes.	Step 5 Conclusion <ul style="list-style-type: none">• I could have made the situation better if I was calmer and keep my thoughts collected. I'm so thankful to my instructors who showed great patience to me and helped me understand the things I missed out on. What I would have done differently was to properly do my assessment even if I don't have my paper with me. It would have been easier to do it by memory. What I learned from this event is that my passion in nursing is still going strong and making mistakes leaves room for improvement.
Step 3 Evaluation <ul style="list-style-type: none">• It was difficult for me knowing that we are timed but, that was not the issue. I thought I will need more time for the skills to be done but in the process, I missed vital parts on the assessment. I did not expect to fail but it is a learned lesson with a consequence I will never forget.	Step 6 Action Plan <ul style="list-style-type: none">• Overall situation was so sudden to me that it did not register in my head when they said I failed. Definitely practicing more and timing myself on my own would be a great change. I shouldn't rely more on my paper and striving to efficiently work under pressure is the most prominent issue I need to work on.