

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.

<p>Step 1 Description</p> <p>Today was so stressful. The night before I could not sleep. I was going through the routine in my head over and over. I know I am capable but sometimes the pressure can get to me. I did have a little trouble deciding on giving the Tylenol but once I looked over the vitals and the doctors order I got it. I was comfortable with the pump and going into the patient's room and talking with the patient. I will say that before I walked into that room, I was a nervous wreck and when I walked in that room I felt so comfortable. To me it felt like clinicals.</p>	<p>Step 4 Analysis</p> <p>From this experience I have learned so much. I have learned to look at labs, ask my patient important questions, and I also learned how to be safe with the equipment that I utilize as a nursing student. I still need to be a good creeper like Mrs. Heinrich. I also learned that not all medication is safe to give and just because the orders are in doesn't mean that is what is safe for my patient. Nurses are so amazing and they are the most important people in the medical field.</p>
<p>Step 2 Feelings</p> <p>At the beginning I was feeling scared and nervous that I would not perform my best but after I passed the first time I was dancing and felt like all my hard work in this module and everything I have been going through in my personal life was worth it. I was on cloud 9 after the CPE. I practiced over and over the night before with my husband and he was such a great sport for it.</p>	<p>Step 5 Conclusion</p> <p>I think I could have made this situation better by being more confident in what I know and what I have learned in this module. That is one of my weaknesses when it comes to nursing school. I am working on my confidence and the instructors have helped me so much with my confidence. I have learned so much during module 4. I questioned whether I should give Tylenol and I was right to give it given the vitals that my patient had. I have also learned that I can trust myself to take care of a patient to the best of my ability.</p>
<p>Step 3 Evaluation</p> <p>The worse part of CPE is feeling so anxious. The difficult part for me during CPE was that I was in charge, and I had to make the call with what meds I will hold and which meds I would give. The best part of CPE for me was feeling like a real nurse. I think in general when it comes to patient teaching and making the patient feel comfortable with me I do so well. One of my strengths is talking to people and relating to them. I remember when my mother or my grandpa was in the hospital and the nurses and doctors would talk to them and they would ask if they understood and of course my mom or grandpa would shake their head yes and when they leave, they would ask me what they meant. So from that experience I learned to talk to others the way I would talk to my family and patients always tell me that they are grateful that I explain to them what is happening to where they understand it.</p>	<p>Step 6 Action Plan</p> <p>Overall, this situation was great! I asked the instructors what I could have done better, and they said I should have brought food. Ha-ha. After CPE I feel motivated to finish this module strong. In the future I will go in with confidence and I will trust myself more. Everything in this CPE can be applied through out my nursing school experience because this is how it was in the hospital. When we would go to clinicals we got report in the morning and then we would assess and read doctors orders and give out meds. The only thing I would like to learn is getting in a regular routine when it comes to dealing with more than one patient. At clinicals when I would follow different nurses, I did notice that everyone does their job differently. I would like to know and learn what routine best fits me.</p>