

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>This was a documentary covering three different families who were struggling with poverty in America. It covered their living situations, jobs, and financial status. The documentary then cut to a five years later. It gave you an update about how each family was doing. It showed how things had change in those five years whether they were better or worse.</p>	<p>Step 4 Analysis</p> <p>This documentary made me reflect on my own life and how something so small as opportunity makes the world of a difference for young kids. Having the ability to only work for pocket money in high school rather than supporting my family or being given the opportunity to go to college makes all the difference.</p>
<p>Step 2 Feelings</p> <p>This was a very sad documentary, I think it's very eye opening though. It makes you feel very grateful for the things you have, even the small things. It's crazy how things such as not finishing high school, being a single mom, or losing your job can threaten your whole family's wellbeing.</p>	<p>Step 5 Conclusion</p> <p>Again, this was a very eye opening video and I will remember it when I start to forget how blessed I really am.</p>
<p>Step 3 Evaluation</p> <p>After the 5 years passed, each family seemed to be in a little bit of a better position than they were in. The single mom was able to move back into a home from a hotel. The family with 4 kids was able to move from a homeless shelter to a hotel. And the last family had both the dad and son employed and helping to pay bills.</p>	<p>Step 6 Action Plan</p> <p>I think we can take this documentary and use it to put other people situation into perspective as a nurse. We are going to deal with people from all different situations and it's good to have an idea of what life may be like for those patients</p>