

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?

Covenant School of Nursing Reflective

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>The situation I will be talking about is the whole environment of my day. This took on place on Tuesday of week 4 of this module. This took place at the outpatient clinic at Sunrise Canyon. This involved all the staff that works at the clinic. I was observing and helping with the nurse and her duties. Every person took on different roles throughout the day. This showed that the clinic was an all-around collaborative effort. There was only one nurse so at times it got difficult for the nurse to take care of all that was needed.</p>	<p>Step 4 Analysis</p> <p>I can apply from my previous knowledge the principles that goes into every healthcare setting. We always learn about collaboration and teamwork when it comes to nursing. However, in the hospital it was more like each person had their job and did just that. There were times where there was more teamwork, but I feel that this clinic this was more prevalent. In this setting it was more appropriate for it to happen. This is true also given the fact that there was only one nurse the whole time. The collaboration went from every staff member, and no one was above doing any job.</p>
<p>Step 2 Feelings</p> <p>I felt interested in seeing how the work environment was in this clinic. I was thinking this will be a good time to experience a new setting. This event gave me great insight into how this clinic works. It ranged from seeing patients to many phone calls and other different tasks. The nurse was very helpful and inclusive throughout the day. She talked me through many of the things she was doing and let me follow around and help when I could. This made for a good learning experience even though at times it was slow. I was grateful that the nurse was including me the best she could and keeping me as active as she could.</p>	<p>Step 5 Conclusion</p> <p>I don't believe there was a way I could have made the situation better. I was engaged and ready to help whenever I could and had a positive attitude even when there was not much to do. Everyone was very welcoming and did not make me feel out of place. I believe everyone made the situation better with their attitudes and wiliness to include me. I learned there are many different responsibilities that comes with the clinic. The nurse went from drawing labs, to talking with pharmacies, patients, and other healthcare members regarding treatments and medications. Everyone there also seemed very close and friendly which I believe led to a very positive work environment.</p>
<p>Step 3 Evaluation</p> <p>What was good was getting to interact with a new environment and new experiences. What was bad was that it was a little slow at times. There was a good amount of time where nothing was really going on and there wasn't much to do. However, later in the day it did begin to pick up and get me moving around more. What went well was the patient interactions and the interactions with the staff. They were all very friendly and allowed me to have a pleasant time while I was there. Others did well in just helping with all the tasks throughout the day. The nurse had times when she was overwhelmed with many tasks and then another staff member would offer to help. This went both ways as the nurse helped with other tasks as well. This showed me how much teamwork goes into this clinic and how well they work together.</p>	<p>Step 6 Action Plan</p> <p>I think overall I got a good idea of the role of a nurse in this type of outpatient setting. There were many more duties and interactions than I had expected. The phone was ringing for most of the day and every time with some important business. This seemed to make it hard for the nurse to be able to do everything. It was interesting to see how she was able to handle her tasks throughout the day. I can apply this moving forward just experiencing the teamwork throughout the day and still having a positive outlook with so much going on. It would be easy to complain and just have a negative attitude about everything going on, but I was able to see the opposite. This is how I want to be able to approach my career in nursing. Just being positive can go a long way in being able to work effectively and make the work environment an enjoyable one.</p>