

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 on page 2, document each step in the cycle. The suggestions in each of the boxes may be used for guidance but you are not required to answer every question. 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 experience, 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"> • 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' perspectives?
<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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Instructional Module: IM6

Date submitted: 10/26/22

Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.

<p>Step 1 Description</p> <p>The outpatient clinic was completely different than what I expected. The nurse I followed was very busy. The nurse was shorthanded and was trying to train a new nurse at the same time. There was a ton of paper charting and signing consents for each patient. The aids would get all the vitals while the nurses did lab draws and paperwork. The nurses were the ones sending in all prescription refills, discontinues, and new medications to the pharmacies once the providers saw the patient. I got to do a few lab draws and got report from the doctor over Teams.</p>	<p>Step 4 Analysis</p> <p>The nurse that was training felt the exact same way I did. The nurse left the hospital because they valued their mental health and didn't like working 12-hour shifts. They realized it was a completely different environment and your charting and interactions are a lot different. I am so used to providers rounding on patients, so it was interesting to see how patients video chat with the providers and how we got report after. I used my previous knowledge of listening to report in the hospital to help guide me on how to write the report that was given to me from the provider.</p>
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<p>Step 2 Feelings</p> <p>When I first got to the clinic, I could feel that my nurse was very overwhelmed. In my mind I was thinking we were going to be interacting with the patient's more than we did. I thought the nurse was going to go into the room with the patients and get a history or follow up with the patient since their last appointment. I was shocked when I realized that the nurses only interact with the patients when getting lab work from them. I was nervous when drawing labs from the patients because I didn't want to miss but they were very understanding. When I got report from the doctor, I was nervous but once I got the information that was needed it was easy to relay the message.</p>	<p>Step 5 Conclusion</p> <p>I have learned that there are so many more aspects to nursing than I realized. I had never even thought about psychiatric nursing until now. Going into this experience with an open mind has helped me see things from a different perspective. Any time I think I know what I want to do I start a new clinical and my options open even more. I learned so many new things at the clinic and appreciated getting to practice some skills. Learning to get report was interesting and I liked seeing report given in a different way.</p>
<p>Step 3 Evaluation</p> <p>For me personally, I enjoyed my time at the clinic, but I don't feel like I could do it daily. The experience was completely different compared to what you see in the hospital. I didn't like that there wasn't much patient interaction with the nurses. The nurses just kept getting more and more paperwork that either needed to be signed or put in the computer. When talking to the nurse that was training, we talked about how different the environment was and how almost all of the charting at the clinic was on paper versus the computer. Even when drawing labs, the patients are only in there for a few minutes, so you hardly get to even know them.</p>	<p>Step 6 Action Plan</p> <p>Overall, I had a good experience. I really enjoyed seeing a completely different side of nursing. It was interesting to see how the nurses send orders for prescriptions to the pharmacies. I am so used to Pharmacy or the providers putting in all orders and then the nurse just acknowledges it. This experience has taught me that there are so many opportunities out there to pursue and interactions with patients look different in every setting. Even though the interactions look different each interaction is just as important.</p>

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