

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 When I was doing a 6 hour shift one of the patients my preceptor was assigned too was being discharged at 1400. I arrived on the unit at 1240. The patient was extremely anxious about going home. She was admitted for an eye infection and had a fake eye on the other side. Therefore, she could not see. She was asking about how she is going to pay for her medication, she was talking about her roommate who she kept trying to call with our assistance, and even asked us for money on the way down to transportation. During the time before she was discharged, I continued to try and reassure her and calm her down. Her anxiety was so bad that her nurse gave her a dose of her PRN anti-anxiety medication.</p>	<p>Step 4 Analysis From previous knowledge about therapeutic communication, I utilized open ended questions to explore what was causing her anxiety. I believe there could be a broader issue of elder abuse that could be occurring in this event or even just outright theft. I was reassured by others that they do not believe this is the case and that she is changing her story over and over. However, part of me is still suspicious of the abuse. This difference in perspectives can lead to more cases being reported or underreporting.</p>
<p>Step 2 Feelings At the beginning of this situation, I felt very frantic. The patient's anxiety rubbed off on me. I felt sad for the patient because even though she is getting to go home her struggles weren't over. The words and actions of others made me feel like they wanted to help but most of her issues were out of our hands. I feel that we could have done more for her. I feel maybe put in a request with adult protective services for her potentially abusive roommate who she says steals her money. If this is true, I can only imagine it will be worse now that she cant see. I think this feeling that I could of done more is the most important feeling I experience. As a nurse I want to know that I did everything I possibly could for my patients.</p>	<p>Step 5 Conclusion I believe I could have made the situation better by just sitting with her in her room and listening to her. I believe she just wanted to talk rather than get actual answers to relieve her anxiety. I believe others could have asked her more questions or her ophthalmologist could have visited her more frequently. I have learned that some patients will still struggle after they heal and will even be more at ease in the hospital than out.</p>
<p>Step 3 Evaluation I feel that the event went overall well. The patient was discharged smoothly with a set of her medication for her eye infection. I believe the stress before leaving was bad. I feel me and my nurse did well at addressing her anxiety. We answered any questions we could, offered comfort, antianxiety meds, and prayed over her. I did not expect a different outcome. The overall goal was to get the patient back to her home that was out of state with discharge instructions and that is exactly what happened.</p>	<p>Step 6 Action Plan Overall, this situation makes me feel uneasy. I was reassured that she is ok, and she has been given the resources needed but I still feel I didn't do enough. My conclusion is that I may be over thinking it but next time I will push to ask more questions so I for sure know the situation. I believe I will be able to use this lesson in the future to make sure that my patients have everything they need on discharge. I want to be the nurse that goes the extra mile and makes the discharge process smooth. The patient has gone through an extremely stressful time and their home should be a place of relief. I hope to be the nurse that ask questions and takes the extra steps.</p>