

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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Name:

Instructional Module:

Date submitted:

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>Tuesday, at 0900 in the morning we started clinic at the outpatient clinic at sunrise. we walked into the room and it was a coworker of mine. I politely excused myself because I know how this person is and she is very private with her personal life. after her visit she did thank me for not staying in the room and understanding that it wasn't nothing against me. The nurse was kind of concerned until I said I work with her and then she was like oh yeah don't go in.</p>	<p>Step 4 Analysis</p> <p>I understand that if I stayed in the room, she would of asked me to leave possibly or wouldn't be completely honest when answering the questions from the physician. It would change our relationship. Honestly this is what I am telling myself but now I feel like the doors open if she wants to talk It might be easier now. maybe it will help talking about the changes she's experiencing. Only time will tell what will come from this.</p>
<p>Step 2 Feelings</p> <p>Getting to the clinic I was excited to see what all goes into the outpatient clinic. I will say I told myself what if you see someone you know? While I was driving, I said I would give the privacy and stay out of the room. I was surprised at whom was in the room. I also got to thinking you don't ever truly know what someone is dealing with.</p>	<p>Step 5 Conclusion</p> <p>I probably should have asked, instead of just turning around and leaving. I should of gave her the choice and kept her in control of the whole situation. Now I don't think she feels like I would be there to listen. Actions speak louder then words. I know I would allow the patient to make the decision next time. We learn from mistakes or situations and this will just allow me to do better next time.</p>
<p>Step 3 Evaluation</p> <p>It was good to be in that situation and to let her know that I care about how she feels. I wish I stayed because she just got diagnosed. I really wanted to see the process and what test made them figure out the diagnosis. If it was me I wouldn't want a co-worker to know my business. at the same time, it was sad that as a co-worker we are all close and we have no idea what this person was struggling with.</p>	<p>Step 6 Action Plan</p> <p>I will just grow from this situation. I understand I would like privacy but it's also a way for others to open and talk. I do hope she understood that I was doing it because I thought that's what she would want. This was one case that I was excited about, and even when I saw the name It didn't click who that could be. I know this will stay with me and how I nurse in the future by keeping the patient in control the entire time of their care.</p>