

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, 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. <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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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>On Wednesday, I completed my clinical at Sunrise Canyon Outpatient Clinic. I was able to help patients get checked in for their appointments, attend meetings with my nurse and providers, and help get consents signed. I was also able to watch labs get drawn and administer injections. My role at the clinic was more of an observation role. I feel in this role I was able to learn more because I was not yet familiar with the routine of the clinic.</p>	<p>Step 4 Analysis</p> <p>Hearing other people's experiences at the clinic was nothing but positive, so I was excited going into it. From my previous knowledge it was always engraved in our minds how crucial consents were. While at the hospital I didn't really see any consents getting signed so it was easy for me to forget about it. However, going into this clinical, it was about 50% of what we did. We had to get so many consents signed from medication administration to just drawing labs. This is an important step in our care so the patient knows exactly what they are getting done.</p>
<p>Step 2 Feelings</p> <p>At the beginning of the clinical I was nervous because it was unfamiliar setting. I was also nervous because I had not had any experience in psych, so I didn't know what to expect. While I was at the clinic, when the nurse I was following would explain what he was doing. I didn't feel like I was in the way, I felt included in his routine. I felt this is important because when I am comfortable in clinical, it motivates me to ask question and practice my skills.</p>	<p>Step 5 Conclusion</p> <p>The only thing I think I could make better would be more open to practice my skills. I was nervous going into the clinic because I did not feel comfortable in my phlebotomy skills. Now after the fact I realized this is how I get good, is to practice. Next time I will be sure to take advantage of the practice time I could get. Other than that I don't think I would have done anything else differently.</p>
<p>Step 3 Evaluation</p> <p>The good things about this event would be that I felt included at the clinic. This was something I was nervous about because as students we tend to be overlooked. I didn't feel like a bother and the nurse let me follow him everywhere he went. There weren't any negative events that happened, but the clinic did get busy. I could tell at a time, the nurses got overwhelmed. However, they all knew how to work together to keep the clinic functioning efficiently.</p>	<p>Step 6 Action Plan</p> <p>Overall I really enjoyed my outpatient experience, I would highly consider working at this location. Not just the people that worked there but the patients. The patient population was very different from the OB population I had last week, but I was able to adjust easily. After this clinical I am looking forward to going to the inpatient population of Sunrise Canyon. I am interested in seeing what else I can learn to take care of these patients the best way I can.</p>