

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>Today I had my comprehensive performance exam at the children's hospital. I was given a patient scenario and was expected to meet certain expectations. I was given the role of a Nurse and was suppose to have met completion on universal competencies, safety, and safe medication administration. My proctors were playing the role of the patient and grading me for any errors. I successfully met all criteria in the patient scenario.</p>	<p>Step 4 Analysis</p> <p>I was able to apply patient safety such as hand hygiene, identifying patient, and safe medication administration. The whole scenario was to demonstrate safety and I felt as in being in a room with a doll for a patient, having instructors grading your performance, and having to perform well and still being able to pass. Showed that I not only can perform under a lot of pressure, but I am able to move forward confidently knowing I can even under those circumstances.</p>
<p>Step 2 Feelings</p> <p>At first I was feeling a tad nervous, since performing a front of others can be nerve racking. I was thinking how I was capable of passing this with ease, and the only was I could not help myself is by freaking out. It made me feel uncomfortable at first outside the room but I soon found my comfort once I began I was riding my wave. This opportunity made me feel reassured over my learning and skill set. I felt a sense of justice, since last time around I couldn't help my nerves. It was important to me because I knew I was capable the whole time.</p>	<p>Step 5 Conclusion</p> <p>I could have made the situation better by writing on my SBAR to put the label on the tubing for my piggy back. What I could have done differently would be by labeling the tubing instead of the the bag since it is meant to be on the tubing. I learned how to safely administrate a piggy back medication. I learned how to keep my patient's safety then whole time during the scenario. From stepping in and introducing myself, to going to my medication cart and pulling out medications, and finally going in to my patients room and safely identifying and educating my patient.</p>
<p>Step 3 Evaluation</p> <p>Everything was well put and accurately depicted. I felt that we were always set up for success and I could sense that the whole time. It was easy to start the scenario and roll off the wave, but it was definitely difficult to keep ones composure before hand. Seeing my classmates have a sense of worry made me feel not alone. I felt I did everything well. From explaining, to deducing the scenario, and finally to performing appropriately. I didn't expect a different outcome, though there was a second chance, I performed as it was my one and only shot to prove myself.</p>	<p>Step 6 Action Plan</p> <p>I really liked the situation second time coming around. It was almost a way to prove to myself I am going toward the right direction. I can use this accomplishment to help me with any patient interaction moving forward. I can apply this in any clinical setting from taking vitals to medication administration. It taught me to keep your professionalism at all times when interacting with a patient. Though things may not go right or perfectly as long as I keep on practicing it will be easier dealing with the bumps.</p>