

## 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><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice? about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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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><b>Step 1 Description</b></p> <p>My patient (Mr. Dunn) was admitted with urosepsis. He was admitted by the ER in and I was his nurse the following morning. He was admitted with fever and chills; later to be diagnosed with urosepsis. I was his nurse the following morning on the floor to treat his pain and carry on with his antibiotics.</p> <p>The result was to give him antibiotics (Levofloxacin) and some acetaminophen for his fever.</p>	<p><b>Step 4 Analysis</b></p> <p>I was able to apply my knowledge of urosepsis and antibiotic uses for this situation. Through my knowledge of these things, I was able to provide useful teaching points to my patient at bedside during CPE. Knowledge that is relevant to this situation would be the fact that prolonged antibiotic use may cause C-Diff, nausea, vomiting, stomach upset. These are all aspects/components that I was able to teach my patient before giving the medication. The knowledge of how serious urosepsis is also played a role in my patient's state and how I needed to give adequate care for him. A broader issue that may arise from this event could end up being death, if the urosepsis is not being treated properly. His body had spread the infection systemically through his bloodstream by the "mild infection" he had through a UTI. This patient did the right thing by coming to the hospital when he did to receive antibiotics and the correct care.</p>
<p><b>Step 2 Feelings</b></p> <p>I was very nervous at the beginning to see what I was getting into. I was thinking about making the right decision regarding medications, assessments, and what state he would be in. The event made me feel anxious, but I was ready to get in there and do what was best for the patient. The patient was very calm and had some questions for me to answer. This made me more relaxed and ready to complete the assignment. I was very relieved with the outcome and knowing that I had done the best I could. I was feeling anxious and proud. These were the most important emotions because the nerves pushed me to do the best for the patient and I was proud of the outcome and how I was able to perform.</p>	<p><b>Step 5 Conclusion</b></p> <p>I learned so much through this CPE and the main one was to be confident in my knowledge and experience I have thus far. I could have been more confident in my abilities going into the patient's room and my decision-making abilities.</p> <p>Others could not have made this situation better, because it was already such a great learning experience and confidence builder that we do truly know so much more than we think we do.</p>
<p><b>Step 3 Evaluation</b></p> <p>My ability to talk to the patient and remember key points was a positive during CPE. I could have taken moments to breathe more during the test, but that was not necessarily a bad moment, but could have helped. The part that was the easiest for me, which I originally thought was going to be the hardest was deciding on which assessments and medications to give. After looking over updated labs and assessments, it was very easy for me to determine what was needed to be done. I was very worried about the pump (when hanging my IVPB) and this went so well and smoothly! I was expecting a different outcome in the sense that I was worried that I would not have enough time to complete all my steps. This did not end up being the case and I finished with a couple moments to spare. Something that did not go as expected was when my patient kept asking me questions regarding urosepsis. My brain was not thinking clearly about answering questions like that, but rather completing my task. I was able to answer these questions with ease and move forward with my CPE.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think very highly of my abilities to complete CPE accordingly to my experiences previously through clinical experience. Something that I would do differently next time would be to write down basic steps (which I did) but take pauses in between everything to make sure I was going according to my plan. Slowing down would help me a lot in the future. I can draw the conclusion that I was prepared enough and that the instructors were not trying to trick us. They want us to succeed, and I need to go in confidence with faith in that we do know all the information that we need to know. I can definitely apply this experience to real events such as time management in the clinical setting and prioritizing patient needs. This has taught me so much in myself that I can do this and that with practice I will do great things.</p> <p>Thank you so much 😊</p>