

## 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>Another student and I went out to take morning vitals and my partners patients blood pressure was really low. I was charting my vitals when she came and notified our nurse. She continued to monitor our patients blood pressure while my nurse and I passed meds. When we got to her patient, she gave her meds and shortly after her patient started to come in out of consciousness. And was unable to stay awake in order to receive the rest of his meds. The blood pressure continued to drop. My partner and I stayed with the patient while our nurse notified the physician. The physician came back into the room and ordered a bolus of fluids, and for the patient to be put into trendelenburg. He also had us re check our patient blood glucose and our nurse to order a CT scan. Eventually the patient came back to consciousness and was able to recall some of the events that had occurred. The physician ended up having the patient sent back to the ICU so the patient could be closely monitored.</p>	<p><b>Step 4 Analysis</b></p> <p>In nursing school we learn our cues. Especially when it comes to our vital signs and assessing our patients. We are taught our baseline when it comes to blood pressure, we are taught our medications that can help with this and we our taught our adverse effects regarding our medications. In knowing all of this we were able to determine that this patients blood pressure was severely low and we are able to realize that some of this medication causes orthostatic hypotension in this patient. We are also taught the different positions that a bed may be placed in order to benefit a patient in certain situations. And in knowing this, we were able to place this patient in Trendelenburg in order to increase blood flow to the brain. All of these things help us put our knowledge together in order to benefit our patient.</p>
<p><b>Step 2 Feelings</b></p> <p>In the beginning I was feeling a little nervous because it was the first time I had ever been in a situation where there was so much going on at once and so many people in the room. All I could think about in the moment was that I wanted for this patient to be okay. The even at first, made me a little sad for the patient. But, the actions of everyone around me; my nurse, charge nurse, partner, doctor made me feel like they knew what they were doing and the patient was going to be okay because of their knowledge and readiness to help care for the patient. The most important thing that I took from this was realizing that I have all of the tools necessary to make sure that my patient is okay and it taught me how not only to utilize my nursing skills but the people around me as well. I feel like in knowing this and realizing this, it will help me be a better nurse.</p>	<p><b>Step 5 Conclusion</b></p> <p>Maybe if we had assessed my partners patients first, then we could have caught the severity of the situation a little sooner. All in all, I think that might have been the only thing we could have done differently. I've learned how important it is to pay attention to vital signs and medication</p>
<p><b>Step 3 Evaluation</b></p> <p>It was good that the physician was on the unit at the time of this event and he was able to assess the patient and make the call to send him back a unit where he could be monitored a little more closely. This was a difficult situation because it was the first time where people were relying on me to actually be involved in a serious matter concerning patient care. I think the fact that I was there and ready to help was what I did well in this situation. Everyone around me played an important role in this patients outcome.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall I think this was an experience to take with me for the rest of my life. There are things that happened that day that I will never forget. Things that I learned that I know will help me in my nursing career. There isn't anything I would do differently for the fact that our patient was safe and I learned a whole lot. In the future I will take this experience into account. Examples of this will be monitoring and paying close attention to my patient vital signs, medications but mostly just how my patient is in general. Doing my assessments to make sure that my patient is alert and oriented and that there aren't any changes.</p>