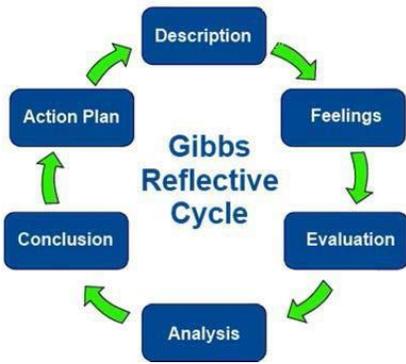


Covenant School of Nursing Reflective Practice



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?

Covenant School of Nursing Reflective Practice

Name: **Amy Maner**

Instructional Module: **IM6**

Date submitted: **3/21/2023**

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>Today I had a 34 year old pt. who was 40 wks. pregnant and had come in for an induction. She is a G2 P1 and her oldest child is 14 years old. Upon arrival to the unit, she was 3 cm dilated and 60% effaced and the baby was at -4 station. The nurse and I started her on Pitocin 2 mu/hr and titrated up to 8 mu/hr. Once her contractions were consistent and baby was engaging the OBGYN came in and performed an amniotomy and the anesthesiologist came in to give her an epidural. I was able to assist my nurse if pt. care and placement of her foley catheter.</p>	<p>Step 4 Analysis</p> <p>Because the OB test was yesterday, I was very comfortable answering questions that Baley threw my way and I was able to ask her some questions about this particular mom's situation. I feel like my knowledge that I gained today will be very beneficial to me in the future especially if I do land up on L&D or mom-baby. I feel like I gained a lot of respect for the nurses because even though they have only 1 pt. they are doing a lot of things and it was sweet to see the relationship between the nurses and the pt's.</p>
<p>Step 2 Feelings</p> <p>Coming into the unit, I was very excited. Mom-baby or L&D is where I hope to land up at so I had very high hopes for today. Even though I didn't get to witness the birth, I still felt like I was learning and experiencing a lot. Baley, my nurse, was super sweet and taught me a lot and she was especially encouraging while I was placing the foley so that made me feel good. The mom was also very sweet and understanding of my want and need to learn and I really appreciated her allowing me to help her as much as I could.</p>	<p>Step 5 Conclusion</p> <p>Honestly I don't think I would have done anything different today. I feel like I was really invested in my learning opportunities and I definitely grew in my understanding of what labor truly is and what it takes to be an L&D nurse. I also feel like my day was so good because of my nurse and pt. Both of them were my biggest supporters when it came time for me to learn and I really appreciated that! Overall, I feel like today was a great experience and I honestly might have stayed the entire shift had I not had some other things going on this afternoon.</p>
<p>Step 3 Evaluation</p> <p>Since my mom decided to have an induction and epidural, she was not in a lot of pain so that really made my job pretty easy. However, it was kind of hard just sitting the entire morning except for when we had to adjust her TOCO, fetal monitor, and Pit drip. I feel like I learned a lot about reading strips and I definitely feel more comfortable with that. I was also able to place my first foley which went really well especially since mom had an epidural and she was on the larger side so her urethra was very easy to see.</p>	<p>Step 6 Action Plan</p> <p>Like I have said throughout this entire reflection, I am very grateful to have had this opportunity. I am also grateful to have had such wonderful people to work with today, they truly made the difference. With hindsight, I don't believe there is anything more I could have done or seen just because I really tried my best to be up in the action the whole time. I know that I will take the lessons I learned into my own nursing practice and maybe into my own birth experiences later down the line.</p>