

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:

Instructional Module:

Date submitted:

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>I had a patient that came in for an induction due to Preeclampsia. She was at 36 weeks so the baby was going to be preterm. We started with cervical ripening initially. After her cervix was ripe and soft we then hung pitocin.</p>	<p>Step 4 Analysis</p> <p>I am grateful that I had the lesson over labor and delivery before visiting the unit because I was able to apply the knowledge I learned on class to a clinical experience. I was able to understand the purpose of the medications we were giving the patient to soften her cervix. I also was able to evaluate and asses her signs and symptoms with the medications she was taking. It also was helpful being able to read the contraction strips and knowing when my patient was contracting.</p>
<p>Step 2 Feelings</p> <p>I was nervous at the beginning of clinical because I was unsure about what to expect. Yet the nurse I was following was very attentive and knowledgeable about what she was doing. There was long periods of waiting to see something happen which I found boring as a student. I felt comfortable with the patient care aspect. I also felt comfortable with the drugs we were administering.</p>	<p>Step 5 Conclusion</p> <p>I feel as though the situation could have been made better if there had been more patients. Unfortunately I was unable to see any type of deliveries. Although Mrs. Soliz was very attentive and tried her hardest to find things for me to do and see which was very nice. I learned the many different steps of transition between labor and delivery to mom and baby. I also learned what it is like to care for a postpartum mom. There also was a fetal demise on the floor where I got to talk to the nurse and learn about the procedure on how to cope with the difficult situation.</p>
<p>Step 3 Evaluation</p> <p>The nurses were very attentive to their patients and very willing to help each other. The patients were very welcoming to the nurses and grateful for the support. I felt that I did well with keeping up with my nurse and communicating with my patient. I also felt that getting to tour the OBED was a very cool experience and somewhere I would enjoy working.</p>	<p>Step 6 Action Plan</p> <p>I feel as though overall my clinical experience was an enjoyable one. I learned many different aspects of what labor and delivery nursing really looks like and all the different responsibilities the nurses have. Since my interest is in labor and delivery I will take the things I learned in clinical and hopefully apply the knowledge I gained in my future experiences as a labor and delivery nurse.</p>