

## 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.

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| <p><b>Step 1 Description</b><br/>           A description of the experience, with relevant details.<br/> <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><br/>           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>   |

# 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.*

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| <p><b>Step 1 Description</b></p> <p>This week I participated in PMH Sim. We ran through multiple different scenarios that highlighted a particular mental disease. How we as nurses would respond was different in each scenario. After each scenario we as a group would discuss the positives and negatives of each groups, performance as nurses and how we would make changes and improve our approach. In every scenario each student would play a particular role, whether it be nurse, secondary nurse, the patient, patient family, or observe and mark down the good and bad.</p>  | <p><b>Step 4 Analysis</b></p> <p>Psychiatric nursing is such a different beast than any other type of nursing. Where as we work with patients and their feelings of anxiety, usually related to their hospital admittance. Psychiatric nursing involves their brain that is sick and then they also have other physical comorbidities. As a nurse your approach with each patient will vastly differ from patients to patient and your way of communication will be challenged every single time. Its easy to see how these types of patients on any normal floor would not get the same care as other patients due to the possible difficulty or stigmatization of psychiatric patients. This SIM really highlighted how important it is to be a patient advocate to all patients regardless of their ailments or level of care required.</p> |
| <p><b>Step 2 Feelings</b></p> <p>I have always enjoyed sim. I think sim is so helpful because it is a controlled environment for students to work in, where if they make a mistake it doesn't have the potential of affecting someones life. Since we are all at the same academic level, its also helpful to see others mistake or even ways they do things that might give you a different outlook. The scenarios I think are tailored really well and are 100% things we could possibly encounter. It helps further our knowledge and when lecturing over the material gives you a visual on what exactly it is we are learning at the time.</p>   | <p><b>Step 5 Conclusion</b></p> <p>I think looking back at every situation its easy to say what one could do differently. I don't think anyone could have done better than they did with the information given to them. This is SIM was brand new situations presented to us. I would say that maybe doing more difficult tasks, like wound care, or a shot or something might be beneficial, vs just a single PO med pass. Though in saying that I also feel like in this branch of nursing that can be very difficult. Maybe some real footage of real patients before sim would be helpful, to help student better visualize the disease.</p>   |
| <p><b>Step 3 Evaluation</b></p> <p>I think sim was set up very well. Again all the scenarios we worked with were precisely what we are learning and each one of them had an element that we will most likely be presented with wherever we work. I have never considered psychiatric nursing, but after SIM I realized I actually think it is something I would be good at. The content was very interesting and Dr. Harrioso did such a good job of explaining the inner workings of these disease processes. I think I did a good job of visualizing these illnesses, and have a good understanding on how to interact with these patients. I thought maybe these scenarios would stress me out but I was very calm and think my demeanor might be suited for this type of nursing.</p> | <p><b>Step 6 Action Plan</b></p> <p>From this I learned how to be a better patient advocate. I learned basics on how to handle different psychiatric illnesses. They can seem scary but made me realize it how scary it can be to live with them. I am now considering psychiatric nursing, its wildly interesting and you would never get the same situation twice. I will also do my best to advocate for those patients when ever i have them in my care and also now feel like I have some tools to really help them.</p>  |