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.

Step 1 Description A description of the experience, with relevant details. Remember to maintain patient confidentiality. 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 • 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?	**Step 4 Analysis** • 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?
Step 2 Feelings Don't move on to analyzing these yet, simply describe them. • 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?	**Step 5 Conclusion** • 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?
Step 3 Evaluation • 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?	**Step 6 Action Plan** • 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?

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Name: Jamie Dominguez Instructional Module: IM 6 Date submitted: April 4, 2023

Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.

Step 1 Description

On April 4, 2023 I was able to do clinicals on the Labor and Delivery floor. In the time I was there I was able to see a vaginal birth. The nurse allowed me to insert the foley catheter. I was overjoyed because this was my first catheter insertion during all my modules of being in school. I was also able to assist in preparing the table for the physician which is quite a task. I was also able to assist the Newborn Nursery nurse in a Newborn Assessment.

Step 2 Feelings

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I was extremely nervous attending this floor because it has a lot of moving parts. The nurse has to be knowledgeable and an expert in this field. The nurse I was assigned to was very good at reading the fetal monitor and was on top of things as problems arose. It was a bit alarming when after the patient received an epidural her blood pressure declined rapidly and the nurse had to administer ephedrine. After all was said and done it was a mind blowing experience.

Step 3 Evaluation

The best part of the birthing event is that the nurse demonstrated calmness and vigilance as the blood pressure began to go down. She did have to call on some more experienced nurses to help her with some troubleshooting in determining what was making the baby have some decelerations. The most difficult part was watching the patient have extreme pain due to the epidural not functioning properly. The anesthesiologist was able to do some things and give a bolus to help the epidural take effect. Seeing them all work as a team was encouraging and brought happiness to me knowing what I have to look forward to.

Step 4 Analysis

As I was in the room observing the fetal heart monitor the previous lectures that we had in class came to life.
I was able to see the baby have accelerations and some decelerations and be able to know why. The nurse did some intrauterine resuscitation due to the decelerations and the baby quickly recovered. During our simulation at the sim center I was able to see the effects of an epidural and how it can quickly drop the blood pressure. In doing so, I was not completely shocked to see it happen with my patient.

Step 5 Conclusion

I could have made the situation better if I would have known how to have been of better help. The other nurses, although they are more seasoned, did not verbalize what the nurse could do, they simply took over. I thought it was kind of them to help but, at the same time they didn't use it as a teaching moment for the nurse. I could've helped hang the IV bolus for the nurse. From this moment on I will make sure to verbalize that I can help and make my time more effective.

Step 6 Action Plan

This by far is one of my favorite experiences in nursing school. I was able to actually put what I have learned in my lecture into practice. Although I have learned much through out nursing school, I have seen it more clearly through this clinical experience. It taught me that we are not alone in this profession and that nursing is definitely not for the weak. I am so impressed with the amount of knowledge that my nurse shared with me, she walked me through many aspects of the fetal heart monitoring strip and explained why she was doing what she was doing. I pray that I can be that in the future for other students. Labor and Delivery nurses are fast paced thinkers and I commend them for doing what they do!

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