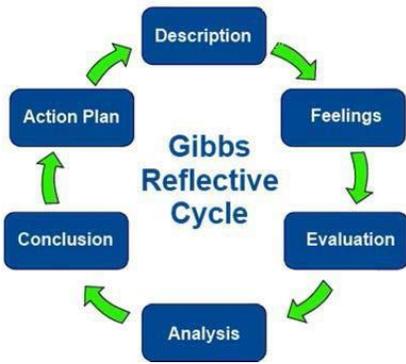


## Covenant School of Nursing Reflective Practice



*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><b>Step 1 Description</b> 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"> <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>

## Covenant School of Nursing Reflective Practice

Name: Chelsie Callesen

Instructional Module: 6

Date submitted: 4/5/2023

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

<p><b>Step 1 Description</b></p> <p>I had the opportunity to go to Sunrise Canyon this week. Overall, I had a good experience, everyone was nice and helpful when I asked questions or needed anything. I will say though, I spent majority of my time sitting and watching what was going on around me. When I first came in, I introduced myself and one nurse in particular did their best to include me in all that they did, but unfortunately, a good bit of what they had to do was paperwork. Fortunately, towards the end of my time there, one of the care coordinators asked if I wanted a tour of the facility, so that was really nice to get to see. Aside from that however, a lot of my time was spent trying to piece together what everyone's role was and how things worked once a patient came into the picture.</p>	<p><b>Step 4 Analysis</b></p> <p>Overall, however, it was really nice getting to see this side of psychiatric nursing. Having only seen psych/mental health patients in a hospital setting, it was really nice getting to see them in a less restrictive and more encouraging environment. Seeing them adhere to their medication regimens and how they went about staying on top of everything was just nice overall because in the hospital you don't ever get to see them actually out and functioning in the real world. This gave another perspective, but also just reaffirmed that adhering to a care plan and feeling better with one's routine can absolutely happen.</p>
<p><b>Step 2 Feelings</b></p> <p>I felt really indifferent once I finally made my way to where I needed to be. Of course, having never been somewhere before, you tend to have some first-time jitters. So, naturally, I had my jitters and was a little nervous, hoping to make a good first impression on everyone. I found that it was a bit difficult however, to insert myself into things in order to get the best clinical experience. So, most of my time, I just felt extremely out of place. It wasn't until the second half of my day that everyone started talking to me a bit more and trying to include me. As I mentioned above, I did have one nurse that really worked hard to involve me in what they were doing. To the point of where they even allowed me to draw labs on a patient and administer two injections.</p>	<p><b>Step 5 Conclusion</b></p> <p>I think, although, I already said that it seemed as though a better routine needed to be in place for incoming students, maybe I could've tried speaking up more than I did. Like I mentioned previously, having never been to this facility before, it was a little intimidating. I didn't necessarily know what I could and couldn't do or who I could and couldn't follow. Things were just really unclear, and it was hard to get my bearings. I did, however, get to witness the right and wrong ways of handling a crisis event. I say wrong way just in the sense of when it's okay to let someone go and call the crisis line on their own and when it is absolutely not okay to let them go on their own to call.</p>
<p><b>Step 3 Evaluation</b></p> <p>It was really hard getting to know the clinic at first. Trying to establish what everyone's role was, on my own, proved to be quite difficult. I think that although they were very welcoming of students, it seemed as though there needed to be a better system in place to ensure that the students time spent was actually beneficial to everyone involved and that the student didn't get lost in the process. That was my biggest problem at first, was just establishing who I could follow and what I needed to do in order to get the best learning experience out of my time.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, I think it's great that we get to go to facilities like these as nursing students and witness our psychiatric patients in a less restrictive environment than what we may get to see in the hospitals. I think it's helpful to see them out in the world, functioning and handling their medical needs on their own. It's reassuring, especially for moments where we may find ourselves with a newly diagnosed psychiatric patient that may be feeling apprehensive about whether they'll be able to manage or not on their own. Having witnessed how well other people are able to manage their medical needs, I'll be able to confidently tell patients in the future that it is possible and not only that, but there are places to help them manage their medical needs for the future.</p>