

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?

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Instructional Module: 6

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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 got to sit in on a C-section today. There were two physicians and a whole surgical team to ensure this baby and mom were safe. This was the only procedure I got to sit in on today on my labor and delivery rotation. I got to stand in as a helper to the circulator and she let me be hands on by picking up laps, keeping up with times, and walking me through the entire procedure.</p>	<p>Step 4 Analysis</p> <p>I was able to put my lecture material to use when it came to working the labor and delivery floor today. The knowledge I have learned and the signs and symptoms I have been taught came into play when my patient was postpartum. I was able to identify FHR, S/S, and multiple other things that were taught in lecture.</p>
<p>Step 2 Feelings</p> <p>I was super excited to get to see this procedure. Labor and delivery was the one rotation I was so excited to be part of. My day started really slow and I was upset because I didn't want to miss this opportunity but getting to be in this section was so special for me.</p>	<p>Step 5 Conclusion</p> <p>I feel like the situation went great all around. I was able to be hands on and participate alongside my nurse. The patient and baby ended up experiencing zero complications so the end result was amazing. I don't believe that I could have done anything differently to make the outcome better.</p>
<p>Step 3 Evaluation</p> <p>The section went perfectly and both patients were happy and healthy post-op. My nurse was so welcoming and made me feel like I was part of the team. I was able to participate in the surgery and be part of the count as well as getting a position to see the entire surgery and ask questions.</p>	<p>Step 6 Action Plan</p> <p>This situation taught me to always be a difference maker in a student's life when it comes my time to be a teacher. I was able to experience my most sought after clinical rotation and it exceeded my expectations.</p>