

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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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 was a nursing student following at Covenant Children Hopsital. I was on the labor and delivery floor on Wednesday April 12, 2023 at 0630. The nurse I was following only had one patient, because that patient had to be monitored closely due to the fact that she was on oxytocin. The role I played was trying to be as much hands on as I could.</p>	<p>Step 4 Analysis</p> <p>I can apply this knowledge to whenever I become a nurse in the future, I will be open-minded about letting students observe and learn from what I do. A lot of my peers that were in L&D the day before had a similar experience with a few nurses. There was no broader issue with what I experienced. The doctor came into my patient's room to do a vaginal exam on her and broke her water. The doctor estimated that she was going to be at a 6 around 2 oclock. So it was going to way past the time I left before she delivered, I was bummed about that as well.</p>
<p>Step 2 Feelings</p> <p>My feelings were all over the place at the beginning because I didn't know what to expect, but I was so excited due to the that this was an area that I was interested in working. One event made me feel disappointed because the OR nurse would not let me in to observe the C/S. What I felt about the final outcome was disappointed. I expected to see more than what I did. I had a great nurse, but just a little bummed I didn't get the whole experience. My patient was a G3P0A2, so it was really a big deal to make sure her delivery go smoothly to me.</p>	<p>Step 5 Conclusion</p> <p>I was trying to make the situation better by wanting to go in the different rooms, and see different stuff; but I was not allowed to do so. I knew the importance of keeping eyes on my patient. How other's could've made it better was by being open-minded and letting me observe from a distance. I don't think I could have done anything differently. It was just one of those days in L&D. I learned that everyone have a job to do, and TEAMWORK was the biggest thing I saw. Different nurses helping each other out on different procedures.</p>
<p>Step 3 Evaluation</p> <p>What was good about the event was really getting a good understanding of the contractions and FHR corresponding with eachother. What was bad was the OR nurse not wanting an extra student in the OR to watch the C/S. What was easy and difficult about Labor and delivery was the monitoring of just that one patient. What I did well, was helping turn the nurse, I asked questions and I felt like I learned some. How I contributed to my nurse was just being her "little" assistant any time she needed anything I would go get it for her. What was easy about the patient was she was on a epidural and she was calm, but what was difficult is she kept moving I guess because she was trying to find a comfortable spot and we had to keep adjusting the FHR and the toco.</p>	<p>Step 6 Action Plan</p> <p>Overall, I still am considering L&D, I guess it was just one of those days that everyone was busy. No, I wouldn't do anything differently. How I could use these lessons for the future is being open-minded whenever I have nursing students. I will have them observe and even try to teach them the different skills. Teamwork as I previously stated was one of the things I saw on the unit that the nurses did well. That is one of the things that I pray that I will have... good team support. What teamwork has taught me about this profession is that IT IS NEEDED. I can see a nurse getting somewhat overwhelmed with all that she has to do for her patient's if she don't have a helping hand sometimes.</p>