

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: IM 6

Date submitted: 4/13/23

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>This week, I was scheduled to be in labor and delivery along with mom and baby. As the student nurse, we were given the opportunity to work alongside other nurses to assist with assessments and view procedures, such as circumcisions and c-sections. This week I was able to sit in for a c-section, pass out pain meds, assess mom and baby, view a circumcision, discharge and take on a new admit. Though I didn't have the best experience with my assigned nurse in L&D, my experience with the nurse in mom and baby was wonderful. She was very thorough with her teaching and let me participate in anything that was within my scope.</p>	<p>Step 4 Analysis</p> <p>The mom that went into the c-section had a larger baby, which is something we've learned could be a reason for a c-section. An issue that came up was that the mom was a high risk of hemorrhaging. Something important that we did was massage her fundus, give her fluids, and monitor her vital signs closely. We also monitored her LOC, put some compressions on her legs to prevent DVTs, and checked her pad for the amount of bleeding. Our main concern was her safety and looking for signs of hemorrhaging.</p>
<p>Step 2 Feelings</p> <p>When I got into L&D, I was excited to see a mom give birth to her baby and other procedures. As time passed, we kept getting denied going into the OR room, as we were told only a limited number of students were allowed. I also didn't have a pleasant experience with my assigned nurse, as she made it clear she didn't like student nurses following her for the short amount of time we were going to be there. I tried to make small talk multiple times but kept getting really short responses. Time with her just made me feel like I was a burden and wasn't really given the opportunity to learn about what she does. I did get an opportunity from another nurse to sit in on a c-section. She was very open to answering my questions and was very welcoming to other students.</p>	<p>Step 5 Conclusion</p> <p>If the nurse I had in L&D was more open to me following her and had been more open to communicating, I would have had a better experience that day. My nurse in mom and baby explained everything to me. From where to find things in Epic, where and how to document, how to take vitals on their unique machines, how and what we are assessing from mom and baby and also discharge paperwork. I also learned and observed how she does therapeutic communication for her patients and was a witness to her advocating to get an xray done for a newborn. She made me enjoy the unit very much.</p>
<p>Step 3 Evaluation</p> <p>What was good about this week was the mom and baby portion of clinicals. My nurse was the sweetest lady and I could tell she loved her job. Also, seeing the c-section was crazy to see as I was able to see the process start all the way from the epidural to the transition phase. In that phase, I was able to stay in with the patient and baby and do a full assessment on the newborn. I was also able to watch the nurses do their teaching during this phase and listen to the teaching the lactation specialist was giving the mom. One thing I was expecting was that the labor and delivery nurses would be more welcoming to students.</p>	<p>Step 6 Action Plan</p> <p>Overall, this clinical week went really well. For someone who wants to work in the OR, being able to sit in a c-section was an amazing experience. Even though my first nurse gave me a negative experience, I learned that I wouldn't want to treat any future nurse like that if there is a need for nurses on the floor. One thing I did enjoy about her is that she would quiz me on the fetal heart monitors and what the different rates represented. This experience has put the birthing process into a different light and has made me appreciate these specialties a lot more.</p>