

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 participated in Labor and Delivery clinical. Upon walking on to the floor I was already in a room facilitating delivery. I helped the family understand what was happening and also photographed the whole birth process, upon request of Mom. I think watched FHR through out the day and observed how there can be a lot of down time with L&D due to lack of deliveries.</p>	<p>Step 4 Analysis</p> <p>My sister is actually giving birth today and being surrounded by it at clinical and learning about it I think sets me up better in life. To help my family or even me come the time. Again Im interested in being an L&D nurse so Im glad this experience only facilitated that interest. Also getting to feel how the funuds is supposed to feel was extremely interesting to me. The down time Im glad to know was normal. I wanted to feel more helpful, but across the board that is what I have heard.</p>
<p>Step 2 Feelings</p> <p>I really liked L&D, I have always been interested in it. I like the pace of it, and the speical relationships the nurses make with the families. I think its very hands on and I really liked that. I was also exposed to what cliques in nursing groups looks like now and that was a little odd to tread around. I also love how receptive the patients are to listening to teaching due to the fact the want to know everything there is to know about this new phase in their life.</p>	<p>Step 5 Conclusion</p> <p>I dont think there is many changes I would make. Again I wish I was able to see more. Maybe having two days on L&D. I know that is difficult to facilitate. Not everyone got to see a live birth so Im very happy I got to see that.</p>
<p>Step 3 Evaluation</p> <p>The birth I witnessed was a textbook birth and it really instilled everything I've been learning thus far. It also was a litte premature so I also got to see all the assessments done on a baby to make sure they are stable enough to go to Postpartum. I think I did really good at inserting myself in situation because I wanted to learn. I think I did good with the family and answered the questions I could to the best of my ability. I do wish I got to see more.</p>	<p>Step 6 Action Plan</p> <p>I love all of the patient teaching I have learned through this clinical and lectures given to us throughout this module. Everything I learned is helping me choose my speicalty. Again this is knowledge as a women that in general is helpful for me to know. Especially with my sister having a baby today!</p>