

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?

Covenant School of Nursing Reflective Practice

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 started the day in the in-patient side of sunrise canyon. Although that was not where I was supposed to be I learned so much. We started off the day by going to each Patients room and performing a daily assessment. We would ask questions such as, how are you feeling today, Do you feel as though the medications are working. As I spoke with the nurse about some of the patients Histories she would explain that most of them were not Even talking a few days ago so it was impressive how Much progress they were making during their stay at the Hospital.</p>	<p>Step 4 Analysis</p> <p>I feel as though I can apply many lessons I learned to my everyday nursing process. I now know what mental health disorders really look like and present as. I can see what a major toll this takes on people's livelihood and it's nothing to judge people for. I feel as though this experience has allowed me to approach patients more empathetically.</p>
<p>Step 2 Feelings</p> <p>I was feeling pretty nervous in the beginning not knowing what to expect out of the day. Yet as I spent more time with the patients and heard how they were struggling and coping with their mental health I began to feel at ease. It truly broke down the barrier and stigma against mental health disorders. I felt like I could actually help these patients and be a part of their healing journey. I found myself rooting for their well being instead of being scared of their diagnosis.</p>	<p>Step 5 Conclusion</p> <p>After moving to outpatient for the second portion of the day I felt like it was not as much of a learning experience. Because it was later in the day there was not many patients coming in for appointments so not as much to learn. I do feel like it is important for every city to have an outpatient clinic because I did get to see all the services they offered and how it was helping the community. Overall I feel as though I learned a lot not only from the patients but the nurses as well. Sunrise had the most caring diverse nurses I have yet to see.</p>
<p>Step 3 Evaluation</p> <p>I felt the day went very well. There was an event where a patient had a seizure lasting 15 minutes. I jumped into action and began taking notes and recording the event. I continued to monitor her vital signs every minute on the minute. As well as record the movements she was making and other things happening at the event. It felt good to work as a team and help out in anyway that I could.</p>	<p>Step 6 Action Plan</p> <p>All in all I loved my experience at sunrise canyon and wish more people got to experience what I got to experience. I feel as though every student should stop by and get to do a rotation in the in-patient side of the hospital. They had fantastic nurses and we could all learn something from them. I believe the day truly sparked an interest in psych nursing for me and I'm looking forward to pursuing it further in the future.</p>