Covenant School of Nursing Reflective

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, document each step. The suggestions in the boxes may help you as you reflect on the incident. This Reflective Practice document will be reviewed by faculty and then you will post the final reflection in your LiveBinder folder.

Step 1 Description A description of the incident, 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 • 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?	**Step 4 Analysis** • 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
Step 2 Feelings Don't move on to analyzing these yet, simply describe them. • 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?	**Step 5 Conclusion** • 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?
Step 3 Evaluation • 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?	**Step 6 Action Plan** • 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?

Addison Ratcliffe

Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.

Step 1 Description	Step 4 Analysis
- What happened? A patient visit where I played the nurse in a simulation experience and medications were administered - When did it happen? Monday, 4/24 - Where were you? Covenant SIM center - Who was involved? Me and 2 instructors grading - What were you doing? Completing a simulation exam where I had to decide which medications to give and administer them - What role did you play? Nurse, advocate, caregiver - What roles did others play? The 2 instructors played the patient and teacher - What was the result? I passed my simulation exam	- What can you apply to this situation? I applied what I have learned about labs, checking orders, and administering medications - Which theories or bodies of knowledge are relevant? Putting clinical skills and the ability to critically think into practice - What broader issues arise from this event? I need to be able to perform my nursing duties even when a supervisor or someone over me is watching without getting too nervous - What is the impact of different perspectives? Different perspectives from different people are important especially in a learning environment. I may have done things that I did not think were wrong that were actually not right in someone else's point of view and it is important that they bring these things to my attention so that I make sure I am doing everything I can to be the best nurse that I can be.
Step 2 Feelings	**Step 5 Conclusion**
- What were your feelings at the beginning? I was nervous - What were you thinking at the time? That I could pass it pretty easily - How did the event make you feel? A little bit more confident in myself - What did the words or actions of others make you think? It made me think that I did a good job but there were just a few things that I can improve on - How did this make you feel? Confident and also humbled by the fact that I am not perfect but I don't always have to be - What is the most important emotion or feeling you have about the incident? Nervousness and anxiety - Why is this the most important feeling? This feeling may hinder my thinking in the real world if I let it	- How could you have made the situation better? I could have not been as nervous or anxious before going into the simulation - What could you have done differently? I could have remembered to do every step in the correct order. I missed a few different things but I was able to catch myself and go back and do them correctly. I could have also remembered the correct way to label IV tubing. - What have you learned from this event? I learned that I am improving in the way that I interact with patients. I see growth in myself from a few modules ago to now. I also have learned that even though I have gotten more confident I still have work to do to become the best nurse that I can be.
Step 3 Evaluation	**Step 6 Action Plan**
- What was good about the event? I learned things and also passed - What was bad? I made a few mistakes - What was easy? Deciding which medications to give based on the patient's labs - What was difficult? Remembering to complete every step of the patient interaction even though most nurses on the floor do not do every single step - What went well? I was able to remember these steps and put them into practice effectively - Did you expect a different outcome? No - What went wrong? Or not as expected? I took time labeling something I did not need to label - How did you contribute? I successfully completed the simulation	- What do you think overall about this situation? I think that simulations are a good way to track growth in confidence of skills and communication - What conclusions can you draw? I am learning and growing in this field - How can you justify these? I completed this simulation and did better than I did in module 2 - In hindsight would you do something differently and why? Yes I would better prepare before the simulation - How can you use the lessons learned from this event in the future? I will remember how to label the IV tubing in the real world even though I do not always see nurses correctly labeling them. I will also remember that I should not get so nervous when people are watching me complete these things. I should try to pretend they are not there.