

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: 04/27/23

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>During my Labor and Delivery experience I felt very out of place because of how use to med surg I'm use to. My nurse that I followed was very quick on her feet but explained while doing things. I mostly observe because I was too afraid to try and perform skills. Overall I did enjoy my time during this weeks clinical experience.</p>	<p>Step 4 Analysis</p> <p>Everything that was learned in the OB lectures for this module came together and I was able to see the full picture in both Labor and Delivery but also Mom and Baby. Assessments are important, fetal stripes, and even had some cases that I heard that included Mag toxicity. I liked that this clinical week was my last because I had all the information from the OB lectures. I always feel like the biggest impact that I've always had was when I come across a Spanish speaking patient because of how much I'm able to communicate with them compared to the stuff.</p>
<p>Step 2 Feelings</p> <p>I was nervous at the beginning of each day because I did not want to intrude on a very vulnerable moment for each mother. There was severe vaginal births that came in that I could of watched but because of how fast they were progressing there was already so many people in the rooms. It was difficult for me to jump in and be apart of the experience. I was able to communicate with a Spanish speaking patient during her tubal procedure so that was a good thing. I did enjoy seeing how well the nurses worked together as a team.</p>	<p>Step 5 Conclusion</p> <p>I definitely could have been more straight forward to be able to participate in seeing more. The nurses were constantly on their feet and I should of just followed them in rooms because the worst that could of been said was I had to step out. I could of been more out spoken to do the Foley catheter insertion. This experience taught me that I have to speak up and just ask to do things or see things.</p>
<p>Step 3 Evaluation</p> <p>It was good to see how important the fetal strips are and how much the nurses pay attention to them. They are displayed at the nurses station and very frequently looked at. I don't feel like I contributed much to the day since I was mostly observing. During the pre-op I wanted to ask my nurse if I could insert the Foley catheter so I could have experience but I didn't. I did feel confident in doing it but she was going so fast getting the patient ready that I was afraid of slowing the process down. I do regret not at least asking.</p>	<p>Step 6 Action Plan</p> <p>Overall it was a good experience and I did enjoy learning about this specialty. I'm not sure that I will be a labor and delivery but I know that this knowledge is important to carry with me. I know I will never get this opportunity again so it does make me sad that I didn't get to watch a c-section. The biggest take away was that I need to be more outspoken.</p>

