

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.” (Tingos 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.

<p>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</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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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.

<p>Step 1 Description We were presented with a patient scenario and needed to use our critical thinking skills to determine what medications and nursing interventions are safest for the patient. This happened during CPE at approximately 0930. The scenario took place in the sim center at covenant children's hospital. The individuals involved were me, Mrs. Coulombe, and another nursing instructor. I was the acting nurse while the nursing instructors were there to observe and assess my nursing decisions. The result was very good. The instructors congratulated me on a job well done. They stated that I handled the patient well and safely.</p>	<p>Step 4 Analysis I applied my nursing knowledge to this situation in order to be successful. The universal competencies are relevant to the situation because they are the foundation to the nursing practice. The broader issues are the patient goals and care planning. The sense I can make is that the patient has an infection that was left untreated. Well the instructors shared the same experience. The impact of different perspectives is that the patient had a good experience with care.</p>
<p>Step 2 Feelings I was feeling extremely nervous at the beginning. I was reassuring myself and thinking of all the things I can be doing for the patient. The event made me feel a little stressed out at the beginning. Well we were only allowed to talk to the instructors and they were being very professional. I felt very good about the final result. The most important emotion I felt about the incident was proud! I was proud of myself because I did the dang thing! I was a good nurse!</p>	<p>Step 5 Conclusion I could have been more confident in my skills and in myself. There was really nothing anyone else could have done to make the situation any better. I don't think I could have done anything differently either. I have learned to trust myself more.</p>
<p>Step 3 Evaluation What was good was getting through the scenario confidently. I think the only thing that was bad was the amount of nerves I felt before the scenario started. What was easy was maybe walking through the building. The difficult thing was handling the nerves. I remained calm and got through the scenario. I didn't necessarily expect a different outcome just prayed for the one I got. I contributed by acting as the nurse in the scenario!</p>	<p>Step 6 Action Plan I really enjoyed this situation because it taught me to trust myself and my skills. I wouldn't have done anything differently except to maybe calmed down a little. To trust myself. I can apply these learnings to my future patients. This has taught me more about professional nursing. I can relate back to this experience when practicing IVPB.</p>