

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.

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| <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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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.

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| Step 1 Description <p>My day was not that interesting. My first patient got discharged to mom/baby within the first 30 minutes of my shift. I waited a few hours until my second patient came up from antepartum with preeclampsia. The only thing we did with her was give her magnesium until they were ready to induce her.</p> | Step 4 Analysis <p>I think in this situation it was a good thing to know exactly what preeclampsia is and what can happen to the mom if it is not fixed because she had a lot of questions.</p> |
| Step 2 Feelings <p>When my patient came up, my nurse mentioned inducing her. I was thinking that it would happen right then and there when she came up but we had to wait for her to get her magnesium until they could give her the medication. I was upset because I wanted to see a delivery happen.</p> | Step 5 Conclusion <p>I am not sure if there is anything that could have been done differently. I did learn what to do in the case someone does come in with preeclampsia and the reasoning behind the things being done.</p> |
| Step 3 Evaluation <p>There was nothing bad about the event. The patient was very nice and compliant. My nurse gave reasoning as to what was going on and explained the medications she was giving and why a foley was needing to be placed and also explained any possible complications that could occur because the baby was being born prematurely.</p> | Step 6 Action Plan <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"><p>This taught me to be calm in situations like this because</p></div> |