

## 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><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice? about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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Instructional Module: 6

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*Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.*

<p><b>Step 1 Description</b></p> <p>During my time at Oceans Behavioral Hospital, I felt that my primary role was more tech related than RN led. I spent a lot of my time with the patients in their community/activity room where we colored and I spoke with the patients about their experience and lives. I was able to join the facilities Treatment Team on the second day. The team consisted of an RN, doctor, NP, recreational therapist and their social services director. We reviewed each patients current treatment plan and met with the patients one on one to discuss with them how their treatment plan experience is thus far.</p>	<p><b>Step 4 Analysis</b></p> <p>What I learned from this experience is how to interact and treat patients with mental health illnesses. It's important to keep in mind that these patients should be treated no differently and that we should connect with them about our own struggles to provide evidence that mental health can be seen in everyone; we were able to show this in their group therapy as we discussed topics and how we felt on certain bullets listed for the daily talk. It's also incredibly important for the patient to be involved in the discussion of their care plan, so that us (professionals) can make sure we are on the right track for a good regimen and the patient feels they are on a steady road to recovery and living their life as they expect.</p>
<p><b>Step 2 Feelings</b></p> <p>· Listening to the patients about their lives and experiences definitely invoked a lot of feeling regarding the difficulties that some of these patients have been through. Hearing about the patients with suicidal ideation and plans that some of them had created was harsh and an eye opener to the realities of people with depression. While I feel this clinical experience was beneficial to seeing real mental diagnoses, the first day wasn't what I had expectations of, the tech staff was somewhat rude and wouldn't allow us to help with passing out trays because we weren't doing it "the right way". We also changed the location of where a patient was eating so that it would benefit the patient best, they ambulated slowly with a wheelchair and the tech was upset that we had moved her. It was quite frustrating.</p>	<p><b>Step 5 Conclusion</b></p> <p>As I've said previously through this reflection, I think as students, we would have benefitted more if we were able to follow an RN. It would have also been a better experience if the staff had assigned us to certain spots of care in the facility. We really had to assign ourselves and figure out how to spend our day and learn. I was a bit frustrated how I was treated the first clinical day, but the tech staff the second day went a lot better in communication and it was easy to talk to the patients, as I had already connected with them the previous day. I think this is a great facility for us to go to, however, I feel with a bit more structure, we would have an overall better experience and better understanding of the nursing roles in a facility such as this.</p>
<p><b>Step 3 Evaluation</b></p> <p>I feel that I did really well relating to the patients to the best of my ability. It was relatively easy connecting with the patients during our coloring time, especially with the older patients, I was able to ask simple questions such as: "what color do you think this should be?" I also feel that I tried my best to ask the facility what they needed help with during their day. It would have been a better experience if we had more interaction with the RNs at the facility, but the charge nurses stayed in the office throughout the entirety of our stay and it didn't feel like they had much interaction with the patients as I originally thought.</p>	<p><b>Step 6 Action Plan</b></p> <p>In this type of facility, I think it would benefit the patients to have more one on one time with nursing staff to talk about their concerns. When I witnessed an assessment referring to the patients suicidal ideation, anxiety and depression, it took a mere 5 minutes per patient and I don't think feelings or concerns can really be said in that amount of time. It seemed like the nurses were just trying to complete their checklist instead of doing patient-centered care. This was a good eye opener for future interaction with patients experiencing mental health illnesses and how us as nurses should focus our care around them.</p>