



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.

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| <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? |

Covenant School of Nursing Reflective Practice

Student Name: Sadie Soto

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.

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| <p>Step 1 Description</p> <p>I have completed 5 days of my preceptorship on the Oncology unit at Covenant and I am halfway done with my clinical hours for this final module. I have done a few shifts in which I was given the opportunity to manage the care for multiple patients, and I have completed a shift following my preceptor as the charge nurse and seeing the leadership role within the hospital setting.</p> | <p>Step 4 Analysis</p> <p>Throughout clinicals, I have learned that what I put into these opportunities I am given is what I am going to get out of it. By showing the team on the floor that I am interested and ready to learn what they teach me, shows them how serious I am about wanting to work there. I have heard from past students that now work within this department, that the unit is great place to work because it's a great environment to be in and has plenty of learning experiences to offer.</p> |
| <p>Step 2 Feelings</p> <p>When it comes to the first day of clinicals, I am usually anxious about what to expect. Thankfully, due to the internship I had taken over the summer, I felt a little prepared and more confident in myself than usual. I was excited to begin because this is the floor that I am really hoping to work for after graduation, so getting introduced to the unit, learning new skills, and creating relationships with the people working there was something I have been looking forward to. Everyone on the floor was very welcoming and supportive of me right away. A few of the staff have expressed to me how I would be making a great decision to work with them on this unit and that they really hope I do continue pursuing an interest in working on getting a position there.</p> | <p>Step 5 Conclusion</p> <p>I can continue to work hard and assist in every learning opportunity I am allowed to partake in, and it will help me as I grow within my nursing career. With the support and guidance of my preceptor and the other nurses in the unit, I believe I will be given a better opportunity at becoming a prudent nurse who can eventually help others learn and provide great care to patients I encounter. By breaking my shell and becoming more talkative might help when it comes to building more relationships with others and allow me to gain more confidence. By being in this preceptorship, it has proven to me that every day is an opportunity for me to become a better nurse, and I am really excited to start this new career!</p> |
| <p>Step 3 Evaluation</p> <p>Hearing that people can see all the hard work I have been putting into learning and trying to become better has motivated me to not doubt myself so much and proves I have grown throughout these past two years. It was sometimes difficult to adapt to the unit-specific protocols, but after my preceptor explained further, I have become pretty good at becoming more organized and figuring out a routine. I feel as though my preceptor has been a big help to me, because she is very patient and takes the time to make sure I understand the tasks that I am doing and checks in when it may seem I am struggling with something. I have contributed to this learning experience by asking questions, staying focused on what my preceptor has to say, and offering to help in any way that I can when necessary.</p> | <p>Step 6 Action Plan</p> <p>It has been very effective in helping me understand the things we have learned in our program and helps build my clinical skills. I conclude that by having the chance to put what I have learned into a real setting, it will help me better prepare for the time when I am to work and care for patients on my own. I feel as though I would ask more questions early on in clinicals, so some of the questions I have now could have been cleared up sooner. All the things I have learned in the 60 hours I have precepted have included skills and taught me lessons that are going to be a part of my job in the future, so I can use what I've learned and implement it into my work.</p> |