

## 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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Name: Jamie Dominguez

Instructional Module: 8

Date submitted: 11/06/2023

*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>I have worked a total of 4, 12-hour shifts, on October 20,23,30 and November 2nd, on the Cardiac ICU floor. The first day I was able to work with my preceptor in which i just observed and was oriented to the floor. It was good to meet everyone and know where things were at on the floor. The 2nd day I worked with another preceptor due to mine being sick. He allowed me to take both patients and I was able to do the total care for both patients. I was also able to do SBAR to a physician and the night nurse. The 3rd day I also worked with a different preceptor due to mine being ill. He allowed me to also take both patients although one was discharged early. The 4th day I was able to work with my preceptor.</p>	<p><b>Step 4 Analysis</b></p> <p>Having been through 7 modules of nursing school has definitely made a huge impact on the care that I am able to provide to my patients. Having tested on all that we have learned has put patients' diagnosis has put it all into perspective and I have the knowledge of nursing interventions for these disease processes. Everything I have learned in Nursing school thus far has equipped me with knowledge to complete my skills and tasks with confidence. The patient's also have had great feedback not only on the care they received but of the school in which I am attending. They have let me know that they feel comfortable being taken care of by a Covenant School of Nursing Student!</p>
<p><b>Step 2 Feelings</b></p> <p>Upon arriving I was a bit nervous because I didn't know what to expect or what was expected of me. I was often wondering if they thought I was competent enough to do the tasks that were given to me. Although to my surprise they were very encouraging and took every opportunity to let me learn and also walked me through certain procedures I haven't done in a while. I left the last three clinical days feeling more confident in my skills and more comfortable with documenting all of my findings. Having done the 4 shifts, I am becoming more confident in doing what is needed.</p>	<p><b>Step 5 Conclusion</b></p> <p>My experience might have gone better if I had not gone in so nervous and apprehensive. Maybe if I had spent some more time working as a Nurse tech, I would have been more at ease. I have learned that disease processes do not discriminate, and I still have much to learn. In the future, I will be more confident in the skills that I have learned and will work on time management as that is still a struggle for me.</p>
<p><b>Step 3 Evaluation</b></p> <p>The preceptors I have had so far were very knowledgeable and were willing to help in any way they could. They walked me through blood draws, inserting a foley, taking out a central line and learning how to do postmortem care. Even though the preceptors had good feedback there were things that I know I could improve on. I also was able to not only help my patients but other patients as well. I have learned on this particular floor that there is a lot of teamwork, and everyone pitches in to take care of the patients.</p>	<p><b>Step 6 Action Plan</b></p> <p>I did not see the nurses interact with the patients on any other level of care besides medication and vital signs. I think it is important to observe their patients not just in a one way of thinking but more of a holistic approach. I definitely feel like there is a need for care that goes beyond the physical assessment. There is more to saying you have done things and actually doing the things that have been documented. Again, I will work on confidence and communication and learning that we are all in this together, putting patients first!</p>