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.

Step 1 Description

A description of the experience, with relevant details. Remember to maintain patient confidentiality. 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

- 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?

Step 2 Feelings

Don't move on to analyzing these yet, simply describe them. • 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?

Step 3 Evaluation

- 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?

Step 4 Analysis

- 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?

Step 5Conclusion

- 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?

Step 6 Action Plan

- 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 the 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?

Adopted: August 2016

Covenant School of Nursing Reflective Practice

Name: Instructional Module: Date submitted: 11-8-2023

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

Step 1 Description

Our clinical group arrived a few minutes early to Oceans. We were anxious to see what would occur, who was up, and what we could observe as students. It happened from the dates 11-7 and 11-8. We pressed the button to enter the facility and were escorted to a small break room where we placed our phones, keys, and lunch in a locker. We waited patiently for the charge nurse to introduce herself, and Diet greeted us and dramatically/maniacally laughed in hopes of scaring us. It was a great way to start the clinical. We didn't know what to expect and I felt that that action made us gain some expectation; however, it wasn't as bad as we thought - especially after that silly introduction. The role I had was to observe the west or east unit, prepare medications, and give them to the patients during breakfast. We also colored with patients and listened to patient treatment plans.

Step 2 Feelings

I felt nervous. The guy laughing in the beginning did not make me feel any better. I get anxious in new settings to begin with. I thought, I just want to make it out in one piece at the end of it, since I have heard of horror stories of psychiatric units. However, it was not at all what I had expected. Maybe it was because I attended an AA meeting prior, but majority of the patients were voluntary admissions; meaning, they came here seeking the help they need. I enjoyed shadowing the nurses in the psychiatric unit and talking to the patients. However, the second day was more aggressive than I thought it would be because a patient had charged to one of the nurses for not closing their door completely. Although that scared us, I still feel that the most important feeling to me was "mindfulness". I was mindful of the patients who were here, either voluntary or involuntary admission. I think it's important to be mindful because we do not know what others are going through.

Step 4 Analysis

I can apply my new knowledge in a patient care setting. I learned that no one is exempt from potentially being a victim of psychiatric issues. We all go through things in life and they can be scarring. From what we've learned, our mental health plays a key factor and either our brain chemistry or life events can affect it. Acting upon prejudice becomes discrimination and that can lead to stigmas. These stigmas can prevent people from seeking the care they urgently need. I believe that the nurses played a huge role for the patients in Oceans by providing them care and support. I recall a sign saying "the 5 P's: Position, Potty, Possession, Pain, and Presence"; Presence being that you are there for them and available to help. Every patient was different with unique situations, and it's important to keep that in mind. I think that helps me become more open-minded to new situations.

Step 5 Conclusion

I was really scared when the patient was yelling and charging towards the nurse, but I was more scared for our classmates on that side because they were frozen in place. I don't think I could've made the situation any better since the nurses took good care of the situation. I think the key card is a potential issue. I understand it's for safety, but the nurses on my side took a while to get to the other side and in a split second, anything could have happened. I don't think I could have done anything at that moment since I was stuck on my side, but it made me learn that I need to be on my feet and with my actions.

Step 3 Evaluation The nurses were strong about being advocates for the patient, and for yourself as nurses in terms of safety. I thought it was really good for them to share that. I don't think much went bad, I had a good time talking to the patients. I don't think it was easy, though, because that place is a maze and you need a badge for every access. It was difficult to navigate in the beginning, but it got easier the more times I walked around the facility. My patient communication went well, I believe. My classmates and I did well to spend time with patients and listen to them if they wanted to share about their life. I thought one of us would get hurt or get poop flung at them, but that's the worst that I was expecting. I felt like that was bad for me to assume, and I want to improve because I don't want my patients to feel like they can't come seek help due to negative biases.	**Step 6 Action Plan** Overall, it was a great learning experience. I didn't expect the things that did happen to happen. I got to talk to so many patients and learn more about their diagnoses. I learned that these patients are nicer than I expected and that they just want to get better, and I can justify this by the way they talk and act. If they didn't care about their health, they wouldn't take their medications or attend group therapy. With hindsight, I would be more quick with my actions if something occurs. I will implement this life lesson in future situations, not only for nursing but in general. I learned to be personable and professional in this experience, because at the end of the day, the patient is human.

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