

## 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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## Covenant School of Nursing Reflective Practice

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Instructional Module: 6

Date submitted: 11-15-23

*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 arrived at Ocean's and was placed on the west side of the unit with the patients under 50. We spent the day in the common area with the patients as we observed their check ins, meals of breakfast and lunch, attended both morning and afternoon group therapy and spent time in a care team meeting with a patient. The role of the nurse was to take report from nightshift, the ones on meds had to do counts and hand out medications as schedule and quite often on demand as well. We did not have any major outbursts or hard patient experiences until the afternoon following lunch. One of the patients was found in her room sitting on her bed shaking, crying, and staring without responding to the tech. She eventually calmed down enough to snap back and talk to the tech where she said that she got very anxious and started having thoughts of self-harm. The therapist came to talk to her, and she was better but still having thoughts of self-harm. Then another patient started telling the tech that she too was having feelings of self-harm and that she would not inform the techs when and if she did decide to try and hurt herself. Last time she was admitted she had swallowed a battery trying to self-harm and was sent to have emergency surgery. Another patient staying there had been having a really hard time and was very violent and verbally abusive towards patients and staff. She spent the morning in her room and came out in the afternoon and called a tech into her room to talk where she began getting very upset about being there and was trying to convince them to let her leave.</p>	<p><b>Step 4 Analysis</b></p> <p>The clinical experience at Ocean's was very valuable and as someone who is not used to talking about deep feelings or problems and sitting there listening to what these patients are going through was a bit uncomfortable for me but I realized just how important is to have these tough conversations and it is something that I will definitely be taking with me through the rest of my nursing career.</p>
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**Step 2 Feelings**

I don't think I knew what to expect going into this clinical site. I know a few people who have been to a mental hospital, but I think all I knew was really what is portrayed through media, and I was nervous. The morning was good because everyone seemed to be in a decent place and no issues had come up. After the care team meetings in the afternoon, a few of the patients became very anxious and agitated and it was a stressful and tense bit of time. Almost by perfect timing the therapist came to do afternoon group therapy and some very raw/real emotions and thoughts were brought up. All the patients attended afternoon group which was exciting but as they spoke about how they were currently feeling it seemed as though everyone was having a very hard afternoon. Being in the environment made me very anxious as well. I have been having a hard time lately and my best friend has as well, and I think we have been just trying to shrug off our feelings so I think being around other people who are having such a hard time that it just felt a little bit more personal than being in clinical.

**Step 5 Conclusion**

If I had another chance to go back and do a clinical at Ocean's again, I would go in a heartbeat. I think it takes a special person to have the care and compassion and attitude to take care of patients in their lowest and darkest state of their life and I admire the people that work there for being so kind and caring and compassionate.

**Step 3 Evaluation**

It was super interesting to see how people in such a dark place are taken care of and all the extra need that these people have because at this point in their life it can be debilitating. The techs and nurses were wonderful and made sure to tell the patients that they were there to help them and any needs that have should be told to the staff without feeling like a bother. A nurse was asked for medication and the patient said, "sorry to bother you but can I have something for anxiety" and she replied that he "is not a bother and that's what we are here for". I loved how reassuring and uplifting everyone was while acknowledging that what these people were feeling was real. The care team meetings were especially interesting to see how the patient perceives their care and the questions that their care team ask to ensure that they're doing all they can to help their patients.

**Step 6 Action Plan**

I am looking forward to the rest of my psych clinicals and how much more I can learn. I have always loved learning about psychology and psychiatry because the brain is just so interesting and amazing with all of it's capabilities. I think with these patients I really need to come out of my shell especially as a nurse and this is my patient because I need to be able to stand up and be an advocate for my patients. I think that this is a very valuable module, and I am so excited to see how I continue to grow and expand on my skills.

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