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 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 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 5 Conclusion** • 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 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 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 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?

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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.

Step 1 Description	Step 4 Analysis
During my eight-day shifts with Lori, we had the privilege of caring for several mothers and newborns. I was the total patient care nurse for every couplet we cared for, and it was such a blessing to share this time with these precious growing families. Lori helped me refine my skills while showing me new ways to teach patients and document care more precisely and accurately. My time with Lori has been a great learning experience, and I feel more confident coming into my role as a graduate nurse in January.	As stated in my previous evaluation, applying the knowledge and skills I have already learned has been easier due to my experience working on the floor. That said, I know I have much more to learn, and I am eager to see what new things will arise once I am a graduate nurse and eventually a board-certified nurse. I can Overall, in my time with Lori, I was able to learn, grow, and provide evidence-based care to all my patients.
Step 2 Feelings	**Step 5 Conclusion**
By already working on mom-baby, I have felt more confident in my abilities because I am in a familiar atmosphere. I love being on this unit, and it doesn't matter if I'm a nurse tech, student, or even a new nurse; I always feel welcome. I have found my home here, and these past few weeks have made me more confident that I am choosing the right place. It feels surreal to be finally finished with nursing school clinical, and honestly, I am feeling both excitement and bittersweetness.	I am thankful to have had the experiences I did during this time. As the days went on, Lori and I found our groove together, and it became a lot of fun working with her. I appreciated her feedback and advice, but more importantly, I appreciated her kindness and non-judgmental attitude. She cares and wants me to succeed, making my time here even more memorable. She taught me so much, and I look forward to being with her as a graduate nurse in January for my new nurse orientation.
Step 3 Evaluation	**Step 6 Action Plan**
I am grateful for the shifts I spent with Lori and the lessons I learned from her. While I found it very easy to do assessments, talk with moms, and perform many routine care tasks, I also learned a lot about accurate and specific documentation. Lori is very legally focused when it comes to documentation. As the shifts went on, I realized that while it may be time-consuming, it also helps ensure individualized care and accurate recollections of daily events. Also, performing PKUs takes a lot of practice. I know this is a weak area for me; however, I am starting to learn my own technique and am grateful for all the nurses who took the time to help me learn.	Overall, my shifts were great! As I have said throughout this, I am excited to learn more and refine some of my preexisting skills. Lori is a great teacher, and I'm grateful for her willingness to guide me through this time. She is an efficient and organized nurse, as well as a caring and sincere one, which is precisely the nurse I hope to be.

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