



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.

<p><b>Step 1 Description</b>          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"> <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>

## Covenant School of Nursing Reflective Practice

<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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*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.*

Step 1 Description

On the 8th shift of my rotation I took total care for a male patient who had originally come in for back pain in May. The patient found out he had cancer that has now metastasized throughout the patient's body. This has caused the patient unbearable pain, and of course the patient has better days than others. I was with my preceptor April at the time, and we had only this patient to care for as the census was low.

Step 4 Analysis

The only sense of the situation that I can make is that I did my very best in providing the best care for the patient and the patient's family. The broader issue that can arise from all of this is that the pain will still be unrelieved. As the disease progresses this only makes it harder for the patient to handle mentally and emotionally at this point.

## Covenant School of Nursing Reflective Practice

<p>Step 2 Feelings</p> <p>At the beginning I had told April I wanted to take on the responsibility of totally controlling how our day goes. At the time, I was thinking all I needed to do was show lots of compassion and be there for him and his family through this time. Throughout the day it got mentally challenging to care for the patient because I felt as though I wasn't accomplishing anything nor was I helping in any way that I thought I was going to be able to.</p>	<p>Step 5 Conclusion</p> <p>I think the only thing I could have done differently in this situation is just kind of understand how this affects the patient's family and the patient. I felt mentally drained and as if I had done nothing for him all day. I think it was pretty selfish of me because the patient has been here continuously since May and i'm sure they have stronger feelings towards their situation anyways.</p>
<p>Step 3 Evaluation</p> <p>The most challenging part about the day was having to watch him go through pain that was for one unmanageable through pain medication along with his PCA pump and scheduled muscle relaxers. I feel that the only thing I did well that day was be there for his wife emotionally. I expected the outcome of the day to go a totally different way because I had him as a patient before but this time it felt completely different.</p>	<p>Step 6 Action Plan</p> <p>In the future, I think I can have a little more grace for families and their loved ones but also for myself. I know I did all that I could but yet I still feel a little guilty. I know this will not be the last time I feel like this or take care of someone under the same circumstances so as I grow in an RN position I can learn to cope better with these things.</p>