

## 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, 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>
<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.*

<p><b>Step 1 Description</b>  Male patient required brief assessment of interventions implemented from ER, and medication administration to help control hypertension, and treat his pain and infection. The medication administration started at 0800 on Tuesday, and involved me, a covenant student nurse. The result was the patient received the required medication according to the prescribed orders, and safety measures were implemented and evaluated.</p>	<p><b>Step 4 Analysis</b>  The broader issues that I felt came out of the situation, is poor time management and violating safety precautions, specifically related to fall risk patients. One thing I can apply to the situation is my previous experience with the medication administration in the hospital setting.</p>
<p><b>Step 2 Feelings</b>  I was anxious regarding the required competencies and criteria that I was being evaluated on and expected to demonstrate in the CPE environment. I felt as though I knew which actions to take after rehearsing them in my mind, but was fearful of missing a small, but key step due to rushing the scenario. This was the most important feeling I had.</p>	<p><b>Step 5 Conclusion</b>  One way I could improve the situation is to prepare more effectively and execute each task with confidence. Instead, I felt as though I managed time poorly when I had to stop and question every step I had made. I have learned that having a foundational knowledge and setting a routine is critical, especially when each situation and patient is going to present with a different challenge.</p>
<p><b>Step 3 Evaluation</b>  The introduction, medication administration, and assessment/analysis of the patient went well. The difficult piece to the scenario, was that it was a mannequin, so it was a bit difficult to keep safety/sterile procedures in mind. This especially held true when it came to lowering the bed and changing gloves after inspecting the catheter. But overall, the interaction and care went smoothly, and I was able to carry over my experiences from the hospital/ sim lab to the CPE environment and use them to guide my care of the patient.</p>	<p><b>Step 6 Action Plan</b>  I am going to create a routine and reinforce key elements such as clinical competencies into my patient care. I am also going to take the time to develop my skills regarding time management and analysis of key pieces of patient data. This will allow me to address patient issues more efficiently and lead to better prioritization in patient care.</p>