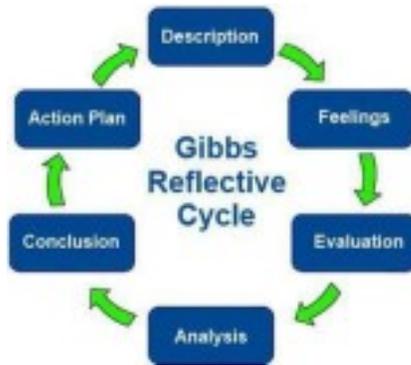


## Covenant School of Nursing Reflective Practice



*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. • How were you feeling at the beginning?</p> <ul style="list-style-type: none"> <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 the 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>

Adopted: August 2016

## Covenant School of Nursing Reflective Practice

Name: Instructional Module: Date submitted:

*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 went to Oceans around 6 am and waited for my classmates. Once we arrived they had to choose where we would be. There were 3 options, the east, west, or medicine room. I chose the medicine room because I was curious about the medications that were given. How the pyxis machine looked and what the difference would be compared to the main campus. I found out that there are only 2 nurses per side and 3 HMTs, which are 1 charge nurse who is an RN, and 1 medication nurse who is an LVN.</p>	<p><b>Step 4 Analysis</b></p> <p>I wanted to know why the RNs had such a limited practice and the LVNs did all the medications and procedures. I was more curious about the logistics of the unit than the patients. I wanted to know if I could see myself working there and I absolutely could. For the meeting that occurred, a lot of patients said they liked the facility but were eager to leave it.</p>
<p><b>Step 2 Feelings</b></p> <p>In the beginning, I felt intimidated because I had never been to such a facility before. The fact that it was a lockdown facility did not help either. I was anxious throughout the first hour until we got to the medication room and I found out more about the area. I did not know what everyone's role was so I wanted to find out more because I was interested in working in Psych PRN.</p>	<p><b>Step 5 Conclusion</b></p> <p>I believe I accomplished what I wanted to because I got to see what a psych hospital looks like and could see myself working there. I would have done nothing differently because I learned so much about the facility. I learned how the psych clinic works and I got a tour from the secretary of the facility and it was nice. Everything was really brand new and you could tell the workers enjoyed working there.</p>
<p><b>Step 3 Evaluation</b></p> <p>I liked my experience and I truly want to work there as a PRN nurse. I found out that it was a pretty easy job for the nurses, but it relied heavily on the secretary and HMTs to do the hard labor. I thought it was strange that the RNs did not give any medication or draw blood. They mostly assess patients and do discharges. I was able to find out more about this by talking to the nurses during the downtimes. I also participated in the treatment team meetings, which were pretty boring, to be honest.</p>	<p><b>Step 6 Action Plan</b></p> <p>I thought that Oceans was a great clinical rotation, probably my favorite from this module. Next time, I would come here trying to interact with the patients more instead of the workers. I just wanted more information about the location and to see how I would fit. See what it took to be a psych nurse and if I could see myself being one. I strongly feel that I belong in the psych field thanks to this clinical experience at Oceans.</p>

**Adopted: August 2016**