

## 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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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>During our two days at oceans behavior hospital we got to witness the young adult population and the geriatric population being treated for mental health disorders. During our time at oceans we were tasked with communicating with the residents and observe their behaviors through out the day. This involved us attending their therapy group and the treatment team meetings. The key players for the young adult side were two males one who was barely 18 and the other who was in his late 40s. Both of them have manic depression and have completely different feelings to being labeled as manic. We played more of a CNA role and a role of a friendly person. The nurses and staff all play their roles very well and create a positive work environment. Honestly I did expect a different outcome for the clinical site. I thought it would be more chaotic and that the staff would be more burned out than they were. I do feel like the result of the positive environment creates a healthier living environment for the patients in the hospital and creates better outcomes for them.</p>	<p><b>Step 4 Analysis</b></p> <p>With my history and background with psych patients I have become very observant of mannerism's and behaviors. So I applied a lot of my past experiences when caring for the patients at oceans. I honestly have no idea what bodies of knowledge are relevant besides the studies into mental health and the medications. I feel like though we were able to pick out certain issues with different patients that brought more serious situations to the behavior of the patients. With one of the patients who is severely depressed and withdrawn, has a history of physical and sexual abuse from his dad throughout his life. Resulting in his withdrawn state. Other patients experiences were similar to his but not near as serious. Then we had another patient who believed he was a millionaire and that he had his own private jet. Through discussion with the doctor, he told us that the trigger for the patients mental illness could be closely connected to marijuana and other drug use</p>
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<p><b>Step 2 Feelings</b></p> <p>. When we first arrived at oceans I was a little standoffish due to my bad history with paranoid psych patients. But as the morning went on I began to relax and utilize my time at clinical to learn more about the patients and their mental health battles. The event and clinical made me feel a little anxious and withdrawn, especially how bland the hospital looked. The words and actions of the nurses helped me relax and realize that everyone here just wants to get better and go back to living their lives as soon as possible. I feel like the outcome was a lot more positive than I could have imagined. The staff made the clinical so much more enjoyable and relaxing. It made my feelings towards psych change from negative to positive and I was able to witness patients coexisting and getting along all while battling their own mental battles.</p>	<p><b>Step 5 Conclusion</b></p> <p>I feel like the only way I could have made my clinical experience any better would have been to go in with a open mind instead of having my reservations from past trauma. I feel like the conclusions I could draw in reference to patients would just be the effectiveness of their medications and adherence to the treatment plan. I have learned to be more open minded when it comes to psych patients and that each patient has a different individualized diagnosis.</p>
<p><b>Step 3 Evaluation</b></p> <p>I feel like what was good about the experience was just the patient care we witness in clinical. The nurses and staff are so genuine to the patients and do not sugar coat things. For me it was easy it sit down and just have casual conversations with the patients and talk about random theories and jobs. What was hard for me, was for to let my guard down and not be as vigilant. We did a mock code where we had one patient being combative and while staff responded to that a mock patient escaped from the building and ran outside. So I feel like how the staff handled the combative patient went very well but were they suffered was not being observant enough to see the mock patient standing next to the door ready to run. Honestly the mock code ran just as I had expected, that the staff would have their attention averted to the code green all while the mock patient was running out the front door of the building.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall the clinical was great and the experience was a lot better than I could have expected. I feel like if had the chance to go back, I would go with a open mind about mental disorders and how each persons disorder varies form the next even though they are all treated with a lot of the same medications. I feel like I will be able to take what I learned this week in clinical and apply it to patient care in the future clinicals to help make my patients care plan better.</p>

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