

## Covenant School of Nursing Reflective



*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>

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<b>Step 3 Evaluation</b> <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>	<b>Step 6 Action Plan</b> <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>I began my Preceptorship at Heart Center 5 and I met the nurse that I will be following for the next 10 shifts.</p>	<p><b>Step 4 Analysis</b></p> <p>As the day goes on, I get less nervous because the nurse has shown me some skills that she has mastered over the year and that really help me to improve on my skill. My perspective of the preceptorship has change because 12 hour shift is very different from the previous module 8 hour shift and I felt much more tire toward the end of the shift.</p>
<p><b>Step 2 Feelings</b></p> <p>At first I was feeling nervous because I did not know what to expect and I felt like I do not have enough knowledge to fully care for a patient. But at the same time I was feeling a bit of excitement because I know that this preceptorship clinical would help me feel more comfortable with taking care of patient and transition me from a student nurse to a nurse.</p>	<p><b>Step 5 Conclusion</b></p> <p>I think overall the preceptorship is good because I have learned so much just from 1 day and I am exciting for the next 9 shift to see what I will learn next.</p>
<p><b>Step 3 Evaluation</b></p> <p>What was good about this preceptorship is that I got to partnered with a very experience nurse. The nurse tells me the expectations that she has for me and what the goal of the day will be.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think the action plan for the oncoming shift is to be better prepared and be more comfortable taking care of a patient. this preceptorship experience could help me improve of taking care of future patient by helping me improve on the basic skill and I think it would really help me in the future.</p>