

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>Step 1 Description 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"> • What happened? • When did it happen? • Where were you? • Who was involved? • What were you doing? • What role did you play? • What roles did others play? • What was the result? 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> • What can you apply to this situation from your previous knowledge, studies or research? • What recent evidence is in the literature surrounding this situation, if any? • Which theories or bodies of knowledge are relevant to the situation – and in what ways? • What broader issues arise from this event? • What sense can you make of the situation? • What was really going on? • Were other people's experiences similar or different in important ways? • What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?
<p>Step 2 Feelings Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? • What were you thinking at the time? • How did the event make you feel? • What did the words or actions of others make you think? • How did this make you feel? • How did you feel about the final outcome? • What is the most important emotion or feeling you have about the incident? • Why is this the most important feeling? 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • How could you have made the situation better? • How could others have made the situation better? • What could you have done differently? • What have you learned from this event?
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • What was good about the event? • What was bad? • What was easy? • What was difficult? • What went well? • What did you do well? • What did others do well? • Did you expect a different outcome? If so, why? • What went wrong, or not as expected? Why? • How did you contribute? 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • What do you think overall about this situation? • What conclusions can you draw? How do you justify these? • With hindsight, would you do something differently next time and why? • How can you use the lessons learned from this event in future? • Can you apply these learnings to other events? • What has this taught you about professional practice? about yourself? • How will you use this experience to further improve your practice in the future?

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Instructional Module: IM6

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Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.

<p>Step 1 Description</p> <p>My patient was induced. She is 40 weeks today. I administered pitocin and zofran, and I did a vaginal exam. I got to see c-section prep for an emergency c-section for a patient who came in at 8 cm and breech presentation.</p>	<p>Step 4 Analysis</p> <p>Different perspectives are helpful to learn more and understand what different situations with patients may look like. The perspectives of other students are helpful to feel more understood and validated. Other people's experiences were different because they got to see a delivery.</p>
<p>Step 2 Feelings</p> <p>I was a little nervous at the beginning of the day. I felt better as I became more comfortable with my nurse. I was kind of excited to see the emergency c-section prep and see the team come together to get the patient ready. I am kind of sad to not see a delivery.</p>	<p>Step 5 Conclusion</p> <p>I could have made the day better by asking more questions and being more interactive with the patient. I tend to be quiet when I'm in the patient room if I am feeling out of my depth. I have learned more about how to build that relationship with my patient and have them trust me.</p>
<p>Step 3 Evaluation</p> <p>It was good to see a patient in labor. I did well at preparing and giving the zofran and pitocin to the patient. It was bad to not see a delivery. My nurse did well at explaining things to the patient and building rapport and trust with her and her husband. I need to be better at conversing with the patient, as I tend to be quieter.</p>	<p>Step 6 Action Plan</p> <p>Overall, I liked labor and delivery, but it would have been better if I had seen a delivery. Next time, I would have asked more questions. In the future, I would converse more with my patient.</p>