

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, 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>Step 1 Description 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"> • 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?

Covenant School of Nursing Reflective

Step 3 Evaluation

- 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?

Step 6 Action Plan

- 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?

Covenant School of Nursing Reflective

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.

Step 1 Description

My patient had AROM at 0723 and proceeded to push for around 2 ½ hours with me and my nurse on the L&D floor. My nurse continuously monitored the FHR as well as moms contractions while I assisted mom with positionings while she contracted and pushed. Eventually, at 1014 we helped welcome a baby into the world healthy and with minimal complications.

Step 4 Analysis

Watching the birthing experience I was able to see the phases that we go over in a real life situation and see how emotionally taxing that can be on a mother. I will say that I did see how having a difficult labor can affect baby and mom bonding. Although that did not happen with my mom I can see how it would be easy for a mom to be so emotionally and physically drained that she cannot bond easily and I also was able to see just how unique every birth is to every mom and how it can affect them.

Covenant School of Nursing Reflective

<p>Step 2 Feelings</p> <p>I was initially very excited to witness this birth and be apart of it. This did not fade however after around the 2 hour mark of helping mom push I was fatigued by the constant pushing into me that she was doing so I knew that mom had to be feeling the fatigue as well and I felt very bad for her as her mood shifted from only joy to exhaustion. Mom had a very helpful support person who I think kept her grounded and this made for the delivery process to be more smooth and put mom at ease. All in all the birthing experience was beautiful and I definitely shed a tear with mom as she welcomed her baby into the world. I feel like the most important feeling I experienced was the joy and admiration I had for the mom and baby when she finally delivered. It was a reminder of how beautiful the experience is even though it was very taxing on the mom.</p>	<p>Step 5 Conclusion</p> <p>I definitely think that if we were not instructed to make mom push for so long after the AROM and if we were to just let her labor down this would have been more beneficial than firing her out. I don't think I could have done anything differently but i definitely learned that the things we learned in class definitely happen on a regular basis.</p>
<p>Step 3 Evaluation</p> <p>I would have to say that the delivery went very well but the most challenging part was that mom had to push for so long due to the size of the baby. It did feel like everything we were trying to do to make the baby turn and be in the proper position was not working but eventually it turned out the way we had hoped. The nurse that I was with did a very good job of keeping mom motivated and making sure she was as comfortable as possible. I feel like I was very supportive and did my best to be there for mom emotionally as she went through the transition phase where she was getting very fatigued. Everything went well considering and I contributed by making sure to do everything the nurse told me to as well as encouraging the patient.</p>	<p>Step 6 Action Plan</p> <p>Overall, this was a beautiful birth with very minimal complications. I believe I can use this experience as a basis for how birth should go and I can take what I learned from my nurse regarding different techniques to advance stations later on. This also taught me just how important it is to be calm and really be your patients rock during these difficult situations.</p>