

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?

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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?

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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 time at Ocean's was eventful but not in the way that I had hoped. Due to the staff not giving us proper instruction we were unable to do anything other than "interact with the patients". Throughout our time at Ocean's we colored with patients and talked with them. We were at no point given instructions on what we were allowed to do in the facility so as a safe option we stayed within sight and did what we could. As a result I personally did not learn anything other than what not to do to students in the future.

Step 4 Analysis

We have all heard about negative experiences in clinical as a student but by experiencing this first hand I truly never want to be the nurse to make someone feel the way I felt yesterday- unsafe, belittled and a nuisance to the staff.

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<p>Step 2 Feelings</p> <p>I was initially very excited and eager to learn at this facility. I had arrived 15 minutes early and was ready to go. Unfortunately, after we received report with the night nurse that is where things went downhill. We had received a report about a man who was sexually intrusive and liked to grab women's private parts. We were instructed to stay away from him however we were never actually told who this man was leaving us to find this information out on our own. We also received a report about a woman who had punched a nurse in the face the night before but we were never told who she was or what she looked like, again, but we were instructed to stay away from her. Being instructed to stay away from these patients specifically but never being told who they actually were left me feeling very unsafe and it truly felt like the nurses did not care about us or our safety. By not orienting us to the facility, environment or residents there was room for a lot of error to occur and that led to us playing it safe and hindered our learning experience in my opinion. The feeling I will take away from this experience is the feeling of being unsafe. Due to that feeling, I feel as though I was not able to learn in an environment that ironically should have been an amazing learning opportunity.</p>	<p>Step 5 Conclusion</p> <p>I think by sticking up for ourselves we could have improved the situation however, I do believe we did what we thought was best in the moment to ensure that we would not face any negative repercussions due to this event. I really believe this was an easy fix that the nursing staff and administrator could have turned around if they would have spoken to us as adults and professionals instead of like we were children that needed to be scolded. I truly learned what not to do to students in the future as a nurse or administrator.</p>
<p>Step 3 Evaluation</p> <p>The good thing about this facility was the patients. Most of the patients were very welcoming and talked to us easily. I think the worst part of the whole experience was the staff. Not only were we never oriented but we instead were threatened by MHTs and nurses that they would call our instructors if we did not "interact with patients" which is what we thought we were doing by coloring and talking with them. Again, with no orientation it was very unclear what we were expected to do and allowed to do. It was very difficult to navigate this facility while the nursing staff sat in the nursing station talking bad about us all the while we were trying to figure out what we could and could not do. Overall, the pettiness that we encountered was by far the worst part of the day. Hearing nurses talk about us not doing anything all the while never actually taking the time to address us and possibly instruct us on what to do was very difficult. I did expect a very different outcome and at the very least professionalism. I think my classmates and I did well to navigate this difficult situation with grace and by getting through the day despite all the hostility we encountered.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think this situation was handled very poorly by the administration at Ocean's as well as the staff. We were all there to learn in a positive light about mental health and instead we learned what not to do in a position of power. I will still take this experience and apply it into my nursing by always ensuring that I am kind and gracious to students as well as make sure that my expectations are clear to them so this experience does not repeat itself on my account.</p>