

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: **6**

Date submitted: **02/07/24**

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>I was a student nurse at Oceans Behavioral Health Facility. I was assigned one group on one side of the unit to watch and interact with during my time at Oceans. I went to group therapy with them, watched them eat Breakfast, and went to Treatment Team for the other side of the facility's patients. I didn't know the nurses names, I didn't follow them and wasn't sure where anything was for the majority of the time.</p>	<p>Step 4 Analysis</p> <p>The broader issues that arose from the clinical was that we learned more about what Treatment Team was and that the therapeutic communication might not be effective for the patients. I did get to apply the lecture material we learned about psych a lot though and did get a deeper understanding of what the patient faces daily.</p>
<p>Step 2 Feelings</p> <p>I felt very excited at the beginning of the clinical and was nervous to get to interact with the patients at the same time. After we got told off multiple times and didn't really get to do anything, I was frustrated and just wanted to leave the facility. I did enjoy the time that I actually got to interact and color with the patients, they were fun to talk to. The treatment team experience made me angry and I felt like it was very accusatory instead of helpful to the patients.</p>	<p>Step 5 Conclusion</p> <p>I feel the situation could have been made better by giving us a tour, full expectations or explanations of what is going on, and overall just working together as a team. I also think holding the hostility was the final straw and could have been avoided to make the situation better.</p>
<p>Step 3 Evaluation</p> <p>I think that the interactions that I had with the patients went well and that I did get to see their behavior to help with my learning of behavioral health. I expected to get to see the medication process and talk through their assessments/documentation to understand more of what a behavioral health nurse but this wasn't the activities that took place.</p>	<p>Step 6 Action Plan</p> <p>Overall, I am sad that the clinical experience went the way it did but I am thankful for my professor having our back. I am grateful that I got to experience time with the patients and got to help educate them in small ways. I will forever remember my role with mental health advocacy as a nurse.</p>