

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>Honestly I was uneasy about this clinical experience because I have not been in this type of setting before. However I went in with an open mind and willing to learn. When I got to my clinical, we listened in on report and were told a little bit about certain patients. Then we were told to go out and interact with the patients. I went out and sat beside two patients. I began to talk about the morning and how their daily routine goes. They began to talk to me about their children and I was able to observe them and it helped me better understand how to communicate with them. In my mind the morning went well, however I wasn't aware it wouldn't last long. After my encounter with staff during lunch.</p>	<p>Step 4 Analysis</p> <p>After stepping back and reliving the situation in my mind. I know the feelings I had and those of my peers were all relevant. It seemed as though there was miscommunication happening among the staff. Also, this particular staff member inserted herself in a situation without getting facts first and belittled us for no reason.</p>
<p>Step 2 Feelings</p> <p>During lunch our group was approached by a staff member who didn't introduce herself to us. We were quickly told we were doing things we weren't supposed to be doing and were not doing what we should be doing. Honestly, this caught me off guard because up until this point we weren't given much instruction other than to interact with patients. After that encounter I felt a bit upset and felt as if she felt we were just there to take up space and incapable of offering anything to this experience. The same person came into the lunch room again to tell us what we were going to do, in a way that felt she was chastising us. This immediately put me in defensive mode not only for myself but my peers and we decided collectively this behaviour was not something we should tolerate.</p>	<p>Step 5 Conclusion</p> <p>In conclusion my experience was negative in regards to the staff. I learned that it matters how you approach and treat others. A little kindness and good communication goes a long way.</p> <p>However, not all was lost I did enjoy my time I spent with the patients. I realized that a lot of them are really good at expressing how they feel and they are aware of their struggles. They are there because they want help I think it's really brave and strong of them to reach out for help.</p>
<p>Step 3 Evaluation</p> <p>It was difficult to go back out finish out our clinical day because we were all upset. However, we did it and I'm glad we were able to finish out the clinical day. I would like to point out we did not do any of the duties we were told we would be doing.</p>	<p>Step 6 Action Plan</p> <p>This experience has taught me that it is important to listen to your peers when in a difficult situation. Some wanted to leave after lunch but we talked it out and realized we had each other and would have each others backs. I'm also proud of my group for speaking up for ourselves when we knew we were being treated unfairly.</p> <p>I'm also proud that I didn't allow the negative to impact how I interacted with the patients after lunch. I was able to put my feeling aside, and that's really important to me.</p>