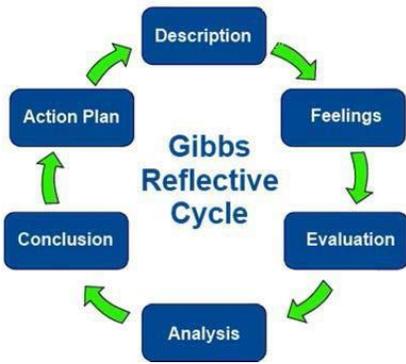


Covenant School of Nursing Reflective Practice



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?

Covenant School of Nursing Reflective Practice

Name: Meredith Huber

Instructional Module: 6

Date submitted: 2-13-24

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

Step 1 Description I went to Labor and Delivery on Tuesday the 13th. I helped my nurse as she repositioned and took care of the patient. I hung a piggyback medication and watched the fetal heart rate monitoring. I saw a c-section on another patient.	Step 4 Analysis Everything we learned about fetal heart monitoring can be used. Little things like the patient being uncomfortable and not feeling well while lying flat on her back as well as the IUPC and FSE can be applied.
Step 2 Feelings I was curious at the beginning about whether I would be able to see anything. I liked how my nurse interacted with the patient and built the rapport with her. I felt glad that I was able to see a c-section.	Step 5 Conclusion I learned more about how things from class actually are in a clinical setting. One example was my nurse saying variable decels were okay if they were with the contraction and not late decels or random.
Step 3 Evaluation My nurse was really good at explaining things to me and helping me understand what she was doing and why she was doing it. She was helpful and answered questions clearly when I asked. It was good to see a c-section, learn more about the IUPC and FSE, see a placenta, practice reading real fetal monitoring and see how things we learned in class are in a practical setting.	Step 6 Action Plan I enjoyed my day on labor and delivery. The nurses were nice and I liked learning about everything. I will use what I learned to continue building my knowledge.