

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?

<p>Step 1 Description</p> <p>I went to labor and delivery. I was assigned to Caitlyn who oversaw room number 8. I was a student nurse and I was helping her with whatever she would let me.</p>	<p>Step 4 Analysis</p> <p>I think being a male health care provider does not allow some women to feel completely comfortable during the labor process where they can feel very exposed. I am grateful that the patient did allow me to help during the process however.</p>
<p>Step 2 Feelings</p> <p>I was feeling excited to see a delivery, and I was thinking that it was very possible. In the outcome, I only got to give a patient Pitocin, but it was still interesting to see the process of labor progress.</p>	<p>Step 5 Conclusion</p> <p>I do not think I could have made the situation better unless I stayed the entire day at the end of clinicals. I have learned that the labor and delivery process is very hard on women, and to be supportive.</p>
<p>Step 3 Evaluation</p> <p>I got to see an epidural which was good. It seemed very painful, but the patient tolerated it very well. The only thing that was bad was that I didn't get to see a delivery.</p>	<p>Step 6 Action Plan</p> <p>I think overall, I do not want to work in labor and delivery, but it was interesting to be there for the day. In hindsight I would ask to do more with my nurse. In the future when I have children, I can learn from my time there.</p>

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