

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: 02/20/2024

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>Today I was able to assist alongside of registered nurse Amber in the OR to watch two c- sections during my labor and delivery rotation. I mostly observed, but I was able to assist in cleaning up and helping the mothers to a bed in the recovery room. We watched their vitals, EKG monitor and observed her output for two hours. In the room I was also able to assist with massaging the fundus and making sure that it was firm. As a result the patient was able to be transferred to the postpartum unit.</p>	<p>Step 4 Analysis</p> <p>As far as broader issues that could arise from this event I believe postpartum depression being easier to manage for the mom or not even being a thing in this case. I watched both moms express how nervous they were. Especially the first mom I watched. Her first experience was traumatic for both her and her baby. Of course it wasn't anything she wanted to experience again. She scheduled a c- section to avoid any complications. As a result it went smoothly for her. Not only that- her nurse, Amber was amazing and compassionate towards her.</p>
<p>Step 2 Feelings</p> <p>I felt excited in the beginning. I think that bringing new life into the world is a beautiful experience. It's lovely to see life come into the world. I felt relief after the c- section was over to know that both mom and baby are healthy and had a safe delivery. It freaks me out a bit watching the anesthesiologist do the spinal. I am not sure why but it makes me nervous. It is nice knowing that I watched a c- section three times and it went smoothly.</p>	<p>Step 5 Conclusion</p> <p>I think I observed a lot in the OR, which that was what I was suppose to do. In the recovery room I could have practiced more therapeutic responses towards mom the first time. I focused more on observing. I am grateful that I was able to watch the procedure twice. The second time, I had more of an idea and to practice being confident and using therapeutic responses to mom.</p>
<p>Step 3 Evaluation</p> <p>So the last time I watched a c- section, it was during the clinical rotation with the nursery. Today was a different experience though. I got to see the role of a circulatory nurse and it quickly change to a recovery nurse. I got to experience the side of which is less about the baby but more about mom and how she is doing. I watched her be a coach and encourage the patient as she was receiving her spinal. I watched her listen to her patient's as they expressed their feelings of nervousness. It was touching and beautiful to see. I did expect a different outcome. The same outcome as the last time, but today I learned a lot and got a completely different experience out of it.</p>	<p>Step 6 Action Plan</p> <p>I feel blessed overall. It was a beautiful experience overall. In class we learned about how important it is assessing the mental of the mom before the delivery and throughout the process of it. It's something I experienced firsthand. I learned what I could apply in a real life situation with mothers. It's important and it gives the mom a great start to motherhood. If we can do our best with providing her a comfortable, and safe environment while she gives birth to a life -than we can make that great start happen.</p>