

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

Date submitted: 2/21/24

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>Today was my second day in L&D, one that I am so grateful to have gotten! Initially, I was scheduled to be in the nursery today, but the opportunity came up to be able to go back to L&D, and I was more than willing to take it! Especially considering that I was able to see some nursery tasks during my mom & baby day, I was thrilled at the chance to go back to L&D to possibly see a delivery this time.</p>	<p>Step 4 Analysis</p> <p>After mom was stitched up and baby was cleared, we all met in the recovery room. From there, I helped Nicole with post-op vitals, medications, and all the fundal massages. Nicole was incredible with teaching me everything we needed to do and document. Each time we did our fundal massage (2-15min) she allowed me to participate & how to evaluate the expected lochia, and what parameters to look out for. I was also able to use my knowledge from previous lectures, to educate the new mom on why she was experiencing the post-partum 'shakes,' which kind of caught me off guard due to how intense they were! After assisting her vitals I was able to educate on why that happens.</p>
<p>Step 2 Feelings</p> <p>As I stated above, I was absolutely thrilled to have the opportunity to go back! I am beyond grateful that Mrs. Solz allowed me to do this. As soon as we arrived on the unit we were given our assignments, to which I was paired up with the most incredible nurse, Nicole. I was also informed right away to begin prepping for a scheduled c-section. I cannot honestly put my excitement into words! This was everything I had been hoping for during my clinical rotation since the start of nursing school!</p>	<p>Step 5 Conclusion</p> <p>To answer the question "what have you learned from this event?" I would say that today has really helped give me clarity on what my path as a nurse may look like. I have always had the burning question if I would love L&D, or if I would continue on with the current path I am on, which was to become an ICU nurse. I know to fully be able to make that decision, I would need to see a live birth. I just knew that it would help and almost be a deciding factor. After today, I am fully confident in my possible new path to pursue L&D after nursing school.</p>
<p>Step 3 Evaluation</p> <p>I was a little nervous at the start of the procedure, I kept reminding myself to not lock my knees because I am not about to pass out during my first c-section delivery! It all turned out fine and I'm just being dramatic. The delivery was quick & absolutely beautiful. The first sound of the baby's cry almost sent me into tears. I held them back, because I didn't want to look like a guppy after delivery, I split time by watching the nursery team do their first assessments (I was supposed to be doing that today afterall) and would also periodically check back in to mom's side, as they finished stitching her up.</p>	<p>Step 6 Action Plan</p> <p>Today brought me more joy than I can even put into words. I feel completely honored to have been a part of this family's journey, no matter how small of a piece I was during her c-section & aftercare. I truly felt so fulfilled and overwhelmed with happiness to be able to experience it. Thank you again for allowing me to go back to L&D for a second day. Today is a day I will never forget, and was a pivotal moment in my journey as a future nurse! ❤️</p>