

## 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><b>Step 1 Description</b>        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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?</li> </ul>
<p><b>Step 2 Feelings</b>        Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice? about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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Instructional Module: 6

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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><b>Step 1 Description</b>                  On March 27th, 2024 I started my clinical day at 0630 on the Labor and Delivery Unit at the Covenant Woman and Children’s Hospital. I was assigned to follow a nurse until 1330. The nurse walked me through why the patient was admitted and what the care plan was for this specific patient. The patient was receiving magnesium sulfate for the admitting diagnosis of pre-eclampsia which is a medication that, as the nurse, you have specific parameters you need to follow. Every hour nurse was at bedside, as was I, taking vital signs and checking the patients deep tendon reflexes. Since magnesium is a high alert medication, it was important to monitor the patient and get a magnesium level by blood draw every six hours. The nurse was very attentive and did a great job at explaining her actions she was taking.</p>	<p><b>Step 4 Analysis</b>                  With this patients situation I did not know much about the diagnosis other than the risks this diagnosis could cause in relation to labor. According to literature, pre-eclampsia, puts mother and baby at risk for seizures and decreased perfusion to the baby if severe. Some broader issues that could arise from this would be high blood pressure, vision changes and headaches. The sense I made from the situation was that this patients diagnosis was severe enough to be placed on magnesium sulfate in order to ensure mother and baby safety. I think that the differences from me and my peers regarding this clinical was that, they were doing, hand- on skills such as sterile vaginal exams while I was learning the pathophysiology and the ‘ why ‘ of the nursing care provided. I think that both of these are equally important for the clinical experience.</p>
<p><b>Step 2 Feelings</b>                  In the beginning of the day, I always feel anxious. This is because i’m not sure how the nurse is going to feel about having a nursing student following them around and asking them questions. At the start of the morning, 0700, after I introduced myself the nurse immediately started filling me in with the patients information and the goal of care. It made me feel less anxious and eased some of my worries because she was very welcoming. I think the most important feeling was relief, because I was relieved that I had a good nurse who was going to help explain and tie together key concepts of the admitting diagnosis of the patient.</p>	<p><b>Step 5 Conclusion</b>                  I think I could have asked to be more hands on with some of the patients care like getting the blood draws for the magnesium, but the patient was already uncomfortable due to the pregnancy, so the nurse took the lead. I learned that patient teaching is so important especially to a family who speaks a second language, because language barriers inhibit the patient education and care from being clear and concise. The nurse did a great job at taking her time explaining what each medication was and how it was ultimately going to help the patient go into labor. I do not think that anyone else could have made the experience more positive, it was an over-all good clinical experience.</p>
<p><b>Step 3 Evaluation</b>                  All the events of the clinical day ended up being really positive. The only difficult thing from today would be that it was a slower day, so trying to remain doing something the entire time was not achievable, but allowed me to have time to look into admitting diagnosis and learn more about it. I think I did really well at asking questions and being able to input what I learned from theory and actually make sense of the nursing plan. I did expect a different outcome initially coming into this clinical day, not in a negative way. I was just hoping to see another birth, but I honestly am glad with how today ended. I learned a lot from today, and some days aren’t going to be as fast paced as others.</p>	<p><b>Step 6 Action Plan</b>                  Today has taught me a lot about professional practice, and how to have strict time management for a patient who needs to be watched strictly to ensure safety. I can apply everything from todays clinical experience and use it throughout the rest of my nursing career. I appreciate that I had a slower day and was able to apply and understand the learning we had gotten about this specialty earlier in the week. The nurse on the unit were filled with knowledge on this specialty so in hindsight, even though i asked a lot of questions. I wish I would have gotten into the patients chart a little longer to see how they charted some of the assessments that were done for the patient.</p>