

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: Jarrett Evans

Instructional Module: IM6

Date submitted: 3/28/24

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>During my clinical in L&D, I got to see a C-section of a pair of twins. I was in the OR most of the morning. one of my roles during the delivery was to take photos for the family. They had a successful delivery to two healthy baby boys. We spent the next two hours in recovery. We did fundal assessments every 15 minutes. I show her post labor chills. After the two hours, we transfer the family to the mom/baby unit.</p>	<p>Step 4 Analysis</p> <p>These parents are first time parents, so I could tell the parents were anxious. They had many questions; the father more than the mother. I think the mother was still in the taking hold phase. I wonder if her adaptation phases were twice as long since she had twins. She had trouble breastfeeding during recovery. She tried doing it at the same time. Twin A had success, but Twin B didn't. The breast was producing colostrum though.</p>
<p>Step 2 Feelings</p> <p>I knew going into OB, I wouldn't see too many things because I am a male nursing student. The birthing experience puts the mother in a vulnerable position, so most of the time, they want other female staff for their care. I totally understand that too. I might feel the same way if I would be in that situation. I am glad I got to see something during this clinical.</p>	<p>Step 5 Conclusion</p> <p>Like I said before, this experience went as well as I thought it would. I really can't change my gender, so I don't think I or anyone else could have made this situation better. It still was a good clinical experience. It was nice to see actual fetal heart rate strips and the nurses acting on them. I liked that I could get a refresher on OR etiquette again.</p>
<p>Step 3 Evaluation</p> <p>I contributed to my learning by having an open mind about OB. I know I won't go into this field of nursing, but I know I will come across pregnant patients during my career, so I need to know how to care for them. I noticed most of the L&D staff had some the best bedside manners I have seen so far. My overall experience went as well as I thought it would. I didn't expect to see too many things, but I got to see something.</p>	<p>Step 6 Action Plan</p> <p>A lesson I will take into my nursing practice is the example of bedside manner. These nurses had great bedside manner and bedside teaching. That is a common experience I have had at the children's hospital. The environment of the children's hospital is different from the main campus. I think the nurses' approach is so different compared to the main hospital. I can tell that from a student. I know the patients feel that same way.</p>