

Covenant School of Nursing Reflective



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, document each step. The suggestions in the boxes may help you as you reflect on the incident. 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 incident, 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?

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Step 3 Evaluation

- 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?

Step 6 Action Plan

- 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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Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.

Step 1 Description

On March 26th, 2024 I was sent to the Labor and Delivery unit at Covenant Children's Hospital. I was partnered with my nurse Lucille, we were assigned one patient this day. When I came to the floor, she was dilated 4 cm and was admitted at 3.5cm. Her effacement was at 50%, and she was receiving nitrous for therapeutic pain management of contractions. This mothers gravida was 8, and this was going to be her third full pregnancy. She did not want to receive the epidural because she stated that her last two pregnancies, she did not feel that it was effective in labor. Around 0830, the physician came in and broke her water. It was not until 11:22 did the patient deliver the baby. The baby's heart monitor was great, he had moderate variability, no decels and accelerations were present. However, when the baby was being delivered the physician noticed the umbilical cord was in fact prolapsed, and it was a miracle that the baby was not bothered by that.

Step 4 Analysis

I can apply this situation from my learning in lasts weeks content. I was able to actually witness the stages and phases of labor, I monitored fetal heart rates, I got to assess mom's fundus, I was able to assess baby after the first hour of birth. I saw what a prolapsed umbilical cord was like, and I am glad it was not a severe case and we were able to get baby out safely and keep mom safe.

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<p>Step 2 Feelings</p> <p>I was very excited to be in the labor and delivery this week. I think that it is so beautiful to witness a love between a mother and her baby. I was also a little nervous, because I had never been in this situation so I wasn't sure how I truly would react. Lucille was so kind though and made sure I had the best spot to witness everything, and I even got a little teary eyed when the baby came. I loved cheering mom on during her transition phase when she had doubts of being able to continue. It was also quite funny to continue my day afterwards and think back about how I had just witnessed someone give birth, and then I resumed my normal life.</p>	<p>Step 5 Conclusion</p> <p>I think that I could have been a little less shy with the patient, however I like to stay my distance at times especially when I don't know what moms preferences or cultural background is. She was very kind and open to me doing things, but I never intruded and I asked if it was okay that I, as the student nurse, was there and participating in anything that she was comfortable with me being there for. After this week, I actually do have labor and delivery in mind as an area of career for me when I become an RN.</p>
<p>Step 3 Evaluation</p> <p>I think the event went great, baby and mom were both healthy. Things were never once chaotic, until maybe the five minutes before the baby was born. This being her third pregnancy may have made it flow that much easier for her. I did help by assessing mom before and after labor. Feeling the fundus was much different than what I thought, and it actually gave me a better idea of what the fundus is. Lucille was a great nurse, she mentioned to the patient that she would give the nitrous, but advised that typically most women opt for the epidural after 15 minutes of the nitrous, because the pain is unbearable. Though, she never tried to force the patient to go straight to the epidural, everything was still up to the patient.</p>	<p>Step 6 Action Plan</p> <p>My experience in Labor and Delivery was a good one. I am glad that I was able to walk away that day, and to have witnessed a happy and healthy labor for that mom. I learned a lot, and it made the things in class that we learned come all together getting to see it in real life. I hope that with my time in the Covenant School of Nursing that I can become a profiecent new graduate nurse.</p>