

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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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>As i arrived to the L&D floor and was given my assignment. The nurse and I waited for our schedule induction patient to come in. When she did arrive, she was accompanied by her husband and mom. After we had her all settled into bed and began the admission process, we did learn that she had been having contractions about 10 mins apart since 0400 that morning.</p>	<p>Step 4 Analysis</p> <p>I did see that every pregnancy is different and that labor doesn't always happen as fast or is ever easy. Although this was mom sixth delivery, it was still progressing slowly and I was able to understand why mom was so anxious.</p>
<p>Step 2 Feelings</p> <p>In the beginning, I was nervous and thinking that I was not going to see alot. After the patient arrived, I was excited to see where the day was going to take us. The nurse did state that she thought this would be a super easy and fast delivery which fed the excitement.</p>	<p>Step 5 Conclusion</p> <p>I think i could have taken more initiative into spending time with mom and maybe helping with techniques to progress her labor along. I learned how important my role even as a nursing student can help just as much as the nurse in all aspects of care.</p>
<p>Step 3 Evaluation</p> <p>Mom did seem very anxious to have baby but was motivated to do as much as she could up until she could no longer withstand the pain of labor. As the nurse had stated it would be a easy fast delivery I expected that but then mom still was not progressing as fast as was anticipated. I tried to comfort mom as much as possible and check in as often as I could.</p>	<p>Step 6 Action Plan</p> <p>I think the whole situation was handled very well by the Nurse. I feel that had I asked more questions and implied my eagerness to be involved i would have had more opportunities to be engaged in the patients care. I know that from now on I want to trust myself in putting myself out in the open for the nurse to teach me more and utilize me when it comes to helping with the care of any and all patients.</p>