

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.

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 • 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?	Step 4 Analysis • 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?
Step 2 Feelings Don't move on to analyzing these yet, simply describe them. • 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?	Step 5 Conclusion • 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?
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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Date submitted: 4/3/24

Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.

Step 1 Description On the mom and baby floor I really got to see what it was like on the floor. We started the morning by checking with each patients, we checked what meds needed to be given. we gave our morning meds, performed an assessment and checked mom and baby's vital signs.	Step 4 Analysis I can apply my previous knowledge such as the postpartum lecture, being taught what should be done or expected after giving birth. Remembering what needs to be done when the pt comes to the unit like prevent PPH and really just keeping an eye on the pt and the baby before they get discharged.
Step 2 Feelings I was really excited to be able to get to experience mom and baby and really see from the nurses point of view of how things go on the floor. The morning started slow, my nurse stayed on top of everything like giving pain meds, and making sure the patients didn't need anything else.	Step 5 Conclusion I felt my day went really well and it seemed like it was just a good day overall for the unit. they did mention things can get really crazy up there. I enjoyed learning about the unit.
Step 3 Evaluation My nurse made the experience really good. she would explain why she was doing certain things, things that should be done. I got to see a discharge on the unit. I liked how the nurse made sure to tell the patient all the discharge information that she would need. Everything went smoothly on the floor. I did not expect a different outcome, it went exactly how I imagined it.	Step 6 Action Plan The mom and baby unit taught me that I really enjoy the floor and would love to work on it.