

## 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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Name:

Instructional Module:

Date submitted:

*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></p> <p>On April 3<sup>rd</sup>, 2024, I attended clinical at Oceans Healthcare where I had the pleasure of spending time in a common room with two geriatric patients. I attended clinical as the role as a nursing student where I was also surrounded with nurses, med techs, social workers, and doctors. The nurses played the role in providing breakfast to the patients and documenting their assessments on each patient. The med techs provided patients with their daily medications and the social workers took the time to sit with each patient and discuss whether or not the patient would like to attend group meetings upon discharge.</p>	<p><b>Step 4 Analysis</b></p> <p>I found it interesting after attending lecture how the various topics covered in class were made available to patients depending on their current mindset and symptoms. The two patients I spent time with in particular had the same experiences. They were both experiencing visual hallucinations where they both claimed to see deceased family members. After hearing such similar experiences I felt sadness and hope their plan of treatment truly helps them long term.</p>
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<p><b>Step 2 Feelings</b></p> <p>At the beginning of my clinical shift, I felt out of place but began to warm up to the patients. My initial thoughts were how do I converse with patients who I'm not familiar with or know what their triggers may be. However, with time I felt at ease, and loved getting to know some of the patients. I believe the most important emotion I felt during this clinical experience was gratitude for those patients taking the time to sit and talk with me.</p>	<p><b>Step 5 Conclusion</b></p> <p>I feel I could've made this situation better if I had been a little more personal and asked what those two patients were feeling while being at Oceans. One of the patients made a statement during the Treatment Team meeting that stuck with me. She stated she wasn't sure if some of us cared about what she was experiencing and I wish I had taken the time to listen to what she was truly going through in such a vulnerable time in her life.</p>
<p><b>Step 3 Evaluation</b></p> <p>I felt it was good getting to know these patients at such a vulnerable time in their lives and yet also hard. I also believe I did well at taking the time to simply sit and listen to patients life experiences and what they took joy in. After being in the common room, I had the opportunity to sit in on Treatment Team meetings where they called in each patient individually to discuss what brought them to Oceans and their plans of treatment. It was definitely hard hearing what some of the patients were experiencing but nonetheless, I feel the treatment team did well at listening to each patients concerns and put forth their best recommendation.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, I feel the clinical site was organized and had a good system in place for treating each patient. If given another opportunity to attend this site again, I would take the time to listen to what each patient was experiencing and making them feel heard and important.</p>