

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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Instructional Module: 6

Date submitted: 4-18-24

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

Step 1 Description <p>I started off the day at Oceans meeting a couple of the patients. They were two gentlemen around 30 and 40 years old. After i visited with them for a while, me and the other students joined the patients for the group therapy session. We were able to sit to the side and listen to how the session ran. After that we went to lunch. Whenever we got back it was time for their weekly treatment team meeting. This was the best part of the experience. This meeting was a time for the patient to hear about there treatment plan and ask any questions they may have. this meeting went pretty long and it was nearly time to go, so i just talked with my buddies from the morning till we left.</p>	Step 4 Analysis <p>During the treatment team meeting, I was able to connect certain disorders that were being expressed to the lecture materiel that had been presented to us. It was very cool to see the physical manifaiaon of some of these symptoms.</p>
Step 2 Feelings <p>Whenever we arrived I was pretty nervous. I was interested in the idea of psychiatric nursing though so I was also excited to see how it all works. Whenever we were released to go meet patients, we were all a little hesitant. Once I began conversation with some of the patients, most of the nervousness I felt faded away. These two guys were so nice and easy to talk to. During the group therapy, I felt uplifted by the stories of achievmnt from the patients. The therapist did a great job of facilitating group involvment and conversation. I was fully invested in the treatment team meeting. It was a great insight into how these patients are treated.</p>	Step 5 Conclusion <p>The only thing that i think i could have done a little better was starting more conversations with more patients. I really only had good conversation with three patients. I wish I had tried to have more conversation.</p>
Step 3 Evaluation <p>The most difficult part of my day was easily the very beggining of the day when i bagan conversing with the patients. It was very difficult for me to jump into the conversation. However, once i did, it became very easy to talk to them. During the treatment team meeting, we got to see some patients thatt had improved and some patients that had not.</p>	Step 6 Action Plan <p>Overall I enjoyed the experience. I only wish that we had gotten to see more of the nursing responsibilities instead of just learning about the patients. I enjoyed the rotation but i still dont know what a day in the life of one of the nurses looks like.</p>