

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 April 17, 2024 I was sent to the ED at Covenant Hospital. I was assigned with nurse Adryean and we have one female psych patient brought into the ed. Our patient was experiencing a manic episode, and she did use meth before she came in. She was very confused, and made states that she was pregnant, and she was apart of the federal government. Her thoughts were all over the place, where she would ask multiple questions but did not wait for an answer to the question. We gave ativan, domadol, and benadryl to calm our patient down. She went to sleep, and we woke her up to draw blood, at this time she was much more calm and cooperative. She slept more and we then watched her be taken to Oceans.

Step 4 Analysis

I can apply this situation from my learning in our learning from lecture, I was able to witness a manic episode. I was able to identify therapeutic communication.

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<p>Step 2 Feelings</p> <p>I was nervous at first, because I am still learning how to communicate therapeutically with patients. We had plenty of other sitters there however watching over the patient and they were much better at communicating with the patient when needed to.</p>	<p>Step 5 Conclusion</p> <p>I think that I could have been maybe a little more involved, however there were so many people there already providing an extra set of hands. I just tried to observe from a good distance to stay out of the crowded area. The patient never spoke to me directly, but she did stare into my eyes when she spoke. She never wanted to hear what anyone had to say, she just wanted to ramble. It was a good experience to witness, and how to handle the situation.</p>
<p>Step 3 Evaluation</p> <p>I think the event went well today, because we were able to calm our patient down and keep her and others safe. I contributed with just being a set of extra hands if they needed help, but with psych patients I have noticed that they typically have lots of hands around to calm the patient down. It was difficult at first because she was very restless, and confused about why she was there. However she was cooperative after we gave her food, water, and her medication.</p>	<p>Step 6 Action Plan</p> <p>My experience in the ED was a good experience, though it was slow as well. I am glad our patient was able to find a safe place for her to get help, and I really liked the communication that I witnessed for our patient.</p>