

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: IM6

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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>Tuesday April 23, 2024 I was at Oceans Psychiatric Facility. I arrived at 0630, and waited in the main lobby with the other students until someone came and got us. We went to the back of the facility at 0715. The charge nurse gave us a tour around the facility and split us up into two groups of three. I was on the east side of the unit. This side was for the patients who were elderly. As for me, I was able to go in there and talk to the patients, and get a better understanding of their needs and diagnosis.</p>	<p>Step 4 Analysis</p> <p>The breakfast at oceans was at 0800, and each patient came into the common area (if they wanted to eat) and took a seat beside one another. Me and my classmates started to hand out their trays. It was so good to see that most of them had a really good appetite and would converse with one another. After breakfast they wanted to watch a movie so we put on the movie “Grown Ups”. It was really nice to see that they each had a little routine. After breakfast they also allowed them to have a smoke break, and have a designated area outside where they can go and smoke. I am glad to see that even though they are in a hospital environment they still have normalcy.</p>
<p>Step 2 Feelings</p> <p>Initially I was feeling really anxious about this clinical experience. I think it was due to the fact that I did not know what to expect. However, by the end of the day, I began to warm up and feel comfortable in the environment. The most important feeling I would say, is the feeling of relief. I feel as though, I make the situations sound a lot more nerve wrecking than they actually are. So when I was actually at the facility, and interacting with the workers and patients, and seeing how friendly everyone was I began to feel relief.</p>	<p>Step 5 Conclusion</p> <p>The only way I think that I could have made my experience any better was to try and have a conversation with all the patients instead of just a couple of them, because I know that some patients may feel anxious about new people, especially nursing students. So I wish that for those patients I could have made them feel less anxious about our presence.</p>
<p>Step 3 Evaluation</p> <p>I genuinely had a really positive experience at Oceans. It filled me with a lot of joy being able to talk to these patients. I think it was just hard to see the realness of what these diagnoses hold. A lot of times mental health is just passed over, and not taken seriously. After today, I can honestly say its given me a lot of insight and I am really glad that I was able to have this experience.</p>	<p>Step 6 Action Plan</p> <p>Overall, I feel that this opportunity has allowed me to understand psychiatric mental health at a deeper level. It has allowed me to put an understanding of our theory lectures and apply them to real life scenarios. In Hindsight, if I had to opportunity to do anything differently I would go into it with a lot more confidence. My anxiousness really clouds my mind and prevents me from having an initial good experience, until afterwards thats when I realize that I work things up for no reason. This experience will allow me as a future nurse to really advocate on behalf of the patients who struggle with their mental health because your mind is just as important as your heart and other organs.</p>