Zachary Wiggins 4-24-24

# 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**<br>A description of the experience, with relevant details.<br>Remember to maintain patient confidentiality. 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<br>• What happened?<br>• When did it happen?<br>• Where were you?<br>• Who was involved?<br>• What were you doing?<br>• What role did you play?<br>• What roles did others play?<br>• What was the result? | **Step 4 Analysis**<br>• What can you apply to this situation from your previous knowledge, studies or research?<br>• What recent evidence is in the literature surrounding this situation, if any?<br>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?<br>• What broader issues arise from this event?<br>• What sense can you make of the situation?<br>• What was really going on?<br>• Were other people's experiences similar or different in important ways?<br>• What is the impact of different perspectives eg. personal / patients / colleagues' perspectives? |
| **Step 2 Feelings**<br>Don't move on to analyzing these yet, simply describe them.<br>• How were you feeling at the beginning?<br>• What were you thinking at the time?<br>• How did the event make you feel?<br>• What did the words or actions of others make you think?<br>• How did this make you feel?<br>• How did you feel about the final outcome?<br>• What is the most important emotion or feeling you have about the incident?<br>• Why is this the most important feeling? | **Step 5 Conclusion**<br>• How could you have made the situation better?<br>• How could others have made the situation better?<br>• What could you have done differently?<br>• What have you learned from this event? |
| **Step 3 Evaluation**<br>• What was good about the event?<br>• What was bad?<br>• What was easy?<br>• What was difficult?<br>• What went well?<br>• What did you do well?<br>• What did others do well?<br>• Did you expect a different outcome? If so, why?<br>• What went wrong, or not as expected? Why?<br>• How did you contribute? | **Step 6 Action Plan**<br>• What do you think overall about this situation?<br>• What conclusions can you draw? How do you justify these?<br>• With hindsight, would you do something differently next time and why?<br>• How can you use the lessons learned from this event in future?<br>• Can you apply these learnings to other events?<br>• What has this taught you about professional practice? about yourself?<br>• How will you use this experience to further improve your practice in the future? |

*Prehospitalresearch.eu – licensed by CC 4.0*

# Covenant School of Nursing Reflective Practice

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.*

| | |
|---|---|
| **Step 1 Description**<br><br>It was just myself and two other pts that were seated at a table talking to each other. I went to go to talk to them in the morning for my assessments. I finished my assessments while having a good conversation with them as well and I told them I would come back for more conversation with them after I went and consolidated my assessments. I overheard them saying very positive things about me as I was walking back to the nurses station. | **Step 4 Analysis**<br><br>While trying to have a conversation with them as well as assessing them, it was hard to strike a balance between listening attentively and actively participating with them as well as actually trying to assess them. Some issues that I noticed that occurred was that I didn't have a list of some of the more detailed questions for the assessment and I forgot a couple of them because I wasn't prepared and didn't have adequate resources. |
| **Step 2 Feelings**<br><br>. The entire time I was talking with them, I was having a good time and them talking about me in a positive light made me feel good about the things I was doing for them. At the time I was just thinking about how it was good to have made a headway into interacting well with the pts. I was initially a bit nervous but I managed to tamp it down and put on a confident smile for both myself and my pts. I think the most important emotion I felt was a great deal of personal satisfaction of interacting with both pts in a positive way. | **Step 5 Conclusion**<br><br>I could have made the situation better by being more prepared and having written down all the questions that I needed to ask them. I think I could have written them down or maybe verbalized them to myself or to myself and my pts. I have learned that I need more preparation before I go and try to assess and talk to pts. |
| **Step 3 Evaluation**<br><br>What was good was that both my patients and I were able to talk to one another without feeling held back or very guarded after the initial interaction. It was pretty east to ask questions, they have been through it a lot and I knew that I was just one of many at the time. It was a bit more difficult to keep assessing while having a conversation with them at the same time. I expected to be a little more awkward and for my pts to not talk to me as much. What went wrong was I may have forgot to ask a couple of assessment oriented questions that I should have asked. | **Step 6 Action Plan**<br><br>I think the situation went very well overall but I definitely have things I need to work on for the next pt interaction. I can use this extra preparation in other aspects of my life, not just nursing because this was meeting new people and I've never been very good at breaking the ice with new people and keeping the conversation going. In hindsight I would have written stuff down and tried to do less back and forth with conversations while I was assessing one of the pts and absently talking to another. |

*Prehospitalresearch.eu – licensed by CC 4.0*