

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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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>Step 1 Description</p> <p>I was able to take care of a patient that was beginning the early stages of labor. Her membranes where not ruptured, so the physician had to come in and rupture them. He also attached a fetal heart monitor. The mom started to get nausea and the pain from the contractions increased after the rupture of the membranes. I was also able to witness a C section towards the ends of the day.</p>	<p>Step 4 Analysis</p> <p>I was able to apply a lot of the information that we had learned at the beginning of the module. I was able to help the patient with different positions to help with her contractions, and the pressure she was feeling on her back. We were also able to use therapeutic communication and provide education on what her choices where in regards to pain management during delivery.</p>
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Step 2 Feelings

I was feeling a little nervous before hand because I didn't know what to expect from this clinical rotation. I was especially nervous but also excited to be able to see a C section performed.

Step 5 Conclusion

I think everything went smoothly throughout the day. I learned how to better communicate and take care of a pregnant patient. I was also able to see what goes happens on the OR side of L&D. This experience also helped strengthen by therapeutic communication with patients that are anxious and scared.

Step 3 Evaluation

I think overall it was a good day. I was able to see some interesting things, and the nurse that I followed was very nice. She did a good job of explaining everything not only to me, but also to her patient. The nurses during the C section also did a good job of walking me through the procedure, and explaining what was going on during the procedure.

Step 6 Action Plan

I think overall this was a great learning experience. While I personally don't plan on working in L&D. I might have to take care of a pregnant person in the OR, and this clinical experience has helped me gain some knowledge on how to take care of those patients.