

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>Both days we arrived at Oceans at 0630. We waited in the lobby for about 45 minutes both days before we saw anyone to let us back. Once let back, we were greeted by the charge nurses and then assigned a side to be on. We were then given 2 assessment papers to do on two patients. Patients slowly started to wake up, coming into the dining area. The mental health technicians passed out breakfast and attended to the one who needed assistance. At first the students just observed to meet everyone but quickly got accommodated. After breakfast they went outside for a smoke break and then had some down time. We played bingo and did crosswords with patients. After we came back from lunch we got to attend the group therapy as well as the treatment team meeting.</p>	<p>Step 4 Analysis</p> <p>I can apply this to my studies by not being so quick to judge someone's reason or stories. I have learned that the patients in Oceans do not want to be there but also don't want to continue to live like they have. Most of the patients know and are able to openly admit that they have some sort of mental health problem and want the help. Everyone's story was much different than the next persons. I think coming to Oceans had a big impact on all of us. All of our hearts went out to the patients there dealing with mental health.</p>
<p>Step 2 Feelings</p> <p>I didn't know exactly what to think in the beginning other than how early it was. We were all pretty hesitant at first but quickly got comfortable. Being here at Oceans for two days made me feel grateful that there are places to give these people to appropriate help they need. After the end of our second day, I felt fortunate to have the support I did at home. Typically, we only hear about patients like they have not get to see and interact with them. The most important feeling I felt was just wow. I did not realize people really do suffer from mental health problems.</p>	<p>Step 5 Conclusion</p> <p>I think I could have made the situation better by getting to know the patients better. Trying to get them to feel more understood. The treatment team meeting we attended today was neat, but the doctor and PA almost seemed in a hurry and seemed to rush some of the patients off. I have learned that everyone is going through something. Others hide is better than others.</p>
<p>Step 3 Evaluation</p> <p>It felt good to be able to visit Oceans. My work is always sending people there, but we never know what that exactly means. There were not too many behaviors but some. I found it easier to speak to the younger population vs the older. The younger had so much to say and talk about. The older patients didn't have too much to say. I feel like being around the younger group made the feel normal almost. I for sure expected it to be harder to relate to the younger group but that was not the case. I hope the students were able to contribute to the care and therapy of all the patients.</p>	<p>Step 6 Action Plan</p> <p>Overall, I enjoyed this clinical. I think it important to observe and evaluate. We all could use the group therapy Oceans offer at one time or another. In hindsight, I would be more proactive in getting to know more about the patients. I want them to know that we care, and they do matter. It is important to know someone mental status and not just their health problems. When doing the assessments, I will ask about their mental health and make sure my patients know I care and that it is important to me as the nurse.</p>