

## 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.

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| <p><b>Step 1 Description</b><br/>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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul> | <p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?</li> </ul> |
| <p><b>Step 2 Feelings</b><br/>Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>                                          | <p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>                                                                                                                                                                              | <p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice? about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>                                                                                                           |

# Covenant School of Nursing Reflective Practice

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Instructional Module: 6

Date submitted: 08/21/2024

*Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.*

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| <p><b>Step 1 Description</b></p> <p>We were at Oceans Behavioral Hospital as a clinical group. This happened on August 27th, 2024. I was in the West Wing of the building as a nursing student taking on a patient that was assigned to me by the night shift charge nurse. There were other students present on the unit in the same role with the same objective as me, to observe and act as nurses for our assigned patients. It was a successful clinical day where I was able to observe in real time, conditions we discussed in class, medications and their effects on our patients taking them, as well as do nursing interventions we were taught in class. I was intrigued to see the things we had discussed on an actual person and indirectly experience what the struggle with these conditions is like.</p>                                                                                                                                                                                                                                                                                                                                                                                                     | <p><b>Step 4 Analysis</b></p> <p>I can apply previous knowledge I have from previous modules about Maslow's Hierarchy of Needs. Particularly the need for all humans to feel as though they are accepted and belong. Taking our education and other things out of the mix, meeting my patients on a human level was very impactful I believe and I noticed some of my patients came out of their "shell" once I welcomed them into socializing with me, meeting their need to feel accepted and like they belong. I believe a broad issue that arose from the event is the realization that sometimes we get caught up in our work and become so focused on the task getting done for this person that we sometimes brush over the fact that these are people with real feelings, who deserve love, acceptance, and at the least acknowledgement. It is important to humanize our patients especially in this population even in the midst of a busy day. Asking them about their feelings or their day can go a long way.</p>                                                                                                                                                                                                                                                                                                           |
| <p><b>Step 2 Feelings</b></p> <p>I was nervous in the beginning but somewhat confident. I had never been to a behavioral hospital before, but seeing as that I have been working on the Neurology floor at Covenant where we deal with altered mental status, psychosis, bipolar disorder and other mental ailments, I felt slightly confident. I felt comfortable in the environment. The mental health techs and other nurses present on the floor were very comforting and proud of their facility and their patients. The most important feeling I felt during our rotation is connected. I felt connected to all the patients in the room as a human being in the rawest form. I harnessed the feelings I felt and took it as an opportunity to start conversations with all the patients to really understand and get to know them. Upon having conversations with my patients and getting to know more about their story, I felt even more connected to them all. I believe this feeling was important because I did not feel as if I were "better than them" but that I was just like them and I wanted to make them feel better. I believe they felt the same way I did and approached me more on their own accord.</p> | <p><b>Step 5 Conclusion</b></p> <p>I could have made the event better by opening up even sooner and getting over my initial anxiety. I was afraid of not being accepted into their space and being met with hostility or isolation. Neither were true, and everyone I met today was more than welcoming to me. They jumped at the opportunity to socialize with me, getting to know me and my story. I believe others could have made this rotation even more impactful for themselves had they have made more of an effort to include themselves in the group activities or just general socialization with the patients on the floor. I have learned even more today that nursing, especially in this specialty, is not a shy career. I believe the majority of our patients look to us for understanding and guidance in situations where they find themselves unsure and by jumping in healthy but uncomfortable situations we inspire them to do the same for growth.</p>                                                                                                                                                                                                                                                                                                                                                           |
| <p><b>Step 3 Evaluation</b></p> <p>What was good about the event is that my ability to connect with the patients enabled me to feel more comfortable. I was comfortable speaking about my own experiences in their groups. I believe it made them feel more human to know that I, young enough to be some of their children, experience the same emotions that they feel. It was easy to socialize with them and get to know them once I showed initiative in getting to know them first. I believe I did well in "opening the door" and portraying myself as approachable and friendly. I am proud of the patients for being receptive to that and despite some of their conditions making social interaction difficult they took initiative as well in speaking with me. I believe everything went well and I contributed by making an effort to get to know everyone even if it was uncomfortable at first.</p>                                                                                                                                                                                                                                                                                                               | <p><b>Step 6 Action Plan</b></p> <p>I believe the event to be very impactful. I thought a lot about the saying "It take a village" until today I always believed that to be true when it comes to raising children. But I realized today in socializing with patients and observing how they interact with each other, that saying is true for the rest of a humans life. We depend on each other as a whole, no matter culture or skin color to become our best selves. There was a patient on the unit who came to our country a week ago but despite the language barrier, I watched other patients be protective and understanding of his feelings. I watched other patients guide each other, literally wipe tears off of the others face in stressful situations, and hold each other close. It was a beautiful thing to experience people who did not know each other 6 months ago become so important to each other. I will take this lesson with me all throughout life and my professional practice that it is my duty beyond a nurse, but as a human being to lend a helping hand or a hug to another person who needs it. I will take this with me and remind myself in busy stressful days that it takes a village and I am apart of that village for each person and patient. They may one day be that for me as well.</p> |