

Covenant School of Nursing Reflective



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, document each step. The suggestions in the boxes may help you as you reflect on the incident. 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 incident, 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? |

Covenant School of Nursing Reflective

Step 3 Evaluation

- 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?

Step 6 Action Plan

- 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?

Covenant School of Nursing Reflective

Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.

Step 1 Description

During my preceptorship I have been paired with my preceptor Kristian Herrera. During this time I have been able to learn about multiple different diagnoses that we as students often do not always get the opportunity to see. I have been able to broaden my knowledge and understanding regarding exactly what is required of a nurse and how critical thinking plays into our everyday duties.

Step 4 Analysis

I have gotten the opportunity to see how critical cases are handled and I have been able to see some of the diagnoses that I have studied and I have been able to bridge that gap between theory lecture vs. practice.

Covenant School of Nursing Reflective

Step 2 Feelings

Before my first day of preceptorship, I was very nervous about what to expect. I had a hard time falling asleep the night before but as I have completed multiple shifts now I am feeling much more confident in what I am supposed to be doing. Kristian has played a huge role in making me feel confident and comfortable. I have been able to learn freely and not feel like I should already know the answer but instead I have been encouraged to ask questions. One of the biggest things that I have gotten out of this experience is the confidence to know that I know more than I think I do and feeling safe to ask the "dumb" questions.

Step 5 Conclusion

I am working on being more vocal with sharing my opinion on cases which I believe Kristian has done a great job of providing me with a platform to do so without judgment.

Step 3 Evaluation

The best part about this experience is that I have been able to experience what it will be like for me to be a nurse on my own but with someone there to back me up when I feel like I am not completely confident. I have been able to work closely with Kristian and learn some of the way she does things which I will be able to pick and choose what I want to incorporate into my practice as well.

Step 6 Action Plan

Overall, this has been a very positive experience and has been a reminder to me as to why I started nursing school in the first place. A lot of the time I have just been worried about passing but with the preceptorship I feel like I have been able to put things back into perspective and really begin to enjoy healthcare and caregiving again.