

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 am doing my clinicals on Hope Tower 3 and it is a med surg tele floor. I have learned that the nurses on this floor are very versatile and have 5-6 patients each shift. At first I was overwhelmed with this but now I am getting more confident handling that many patients during a 12 hour shift.</p>	<p>Step 4 Analysis</p> <p>Now that I am almost through nursing school, I love that I am getting to put in all together and feel confident in what I am doing. Lab values, history, current problems, along with everything else are all huge in understanding how to better care for each patient.</p>
<p>Step 2 Feelings</p> <p>Before starting my clinicals I was very nervous. I was unsure what to expect and was anxious to know if i would mesh with the different personalities of the nurses. I quickly come to find out they are all awesome and are very willing to teach me and let me learn. The nurse manager Stetson has come up to me on multiple occasions and told me he has a position available if i would be interested, so this makes me excited that I am being recognized.</p>	<p>Step 5 Conclusion</p> <p>I know there is always room for improvement, but I really have no complaints thus far about my experience on Hope 3. The learning, staff, and patient population has been wonderful.</p>
<p>Step 3 Evaluation</p> <p>There have many many good things that I have experienced while being on this floor. The nurses challenge me with hard stick blood draws, quiz me on different medications, and most importantly are patient with me as I am learning and getting a feel for everything.</p>	<p>Step 6 Action Plan</p> <p>I am excited to possibly work on that floor after I graduate. This would be a great opportunity to learn many different things and be a well rounded nurse. I never thought i would ever say that I would want to work on a med surge tele floor, but my experience has been great and changed my perspective for the better.</p>