

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. Remember to maintain patient confidentiality. 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>Visiting tech sim lab was a unique experience. I was not expecting to critically think the way we did. Our clinical group had the opportunity to get good hands on experience dealing with mental health patients. As we are training to be a part of the healthcare system, it is important to learn and understand the different diagnoses and treatments.</p>	<p>Step 4 Analysis</p> <p>I was able to observe my peers with other mental health disorders and the way they interacted with patients. Overall I got a better picture over how to deal with different disorders and patients. We participated in a debriefing session where we got to get feedback from our instructor which provided positive reinforcement or constructive criticism.</p>
<p>Step 2 Feelings</p> <p>During simulation, I was presented with a scenario involving a patient with borderline personality disorder. The patient accurately executed their role in what could be a real life scenario. I feel better prepared about mental health disorders and how to manage these types of encounters.</p>	<p>Step 5 Conclusion</p> <p>Sim lab was a helpful experience. I feel more confident handling more complex patients and being able to critically think. Also, reinforced that mental health should have a collaborative care approach. Mental health should be treated like any other disease.</p>
<p>Step 3 Evaluation</p> <p>What I enjoyed the most about sim lab was being presented with different scenarios. Before this experience I did not have a clear understanding about each disorder.</p>	<p>Step 6 Action Plan</p> <p>In the future if and when I encounter a mental health patient I will treat them with kindness, respect and compassion. It is evident that these types of patients do not receive the care they deserve bc it is heavily stigmatized.</p>