

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, 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 Practice

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 Practice

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

I got to do a lot of new skills being at LTACH. I got to do blood administration, admin chemo meds and got to witness post mortem care. It was a little nerve wracking doing these skills but it was a great experience. My preceptor walked me step by step on what to do, why were doing it and what to look for. Watching/preforming the check off for blood administration was interesting to watch I didn't realize how many steps you had to take to make sure you have the right person and the type. Also seeing the chemo medication can also come in a syringe was a first for me. I always thought they were only ran through IVPB. This clinical experience helped me learn me medications better and how to preform medication education better.

Step 4 Analysis

I can apply what I learned from lecture about blood administration when I prepared it and followed it protocol. Also maintaining sterility and waiting there for the fist 15 minutes to make sure the patient didn't have a allergic reaction. Getting to explain to the patient as to why they needed blood and to look out for if they suspect they are having a allergic reaction. I'm glad I got to partake in this experience.

Covenant School of Nursing Reflective Practice

<p>Step 2 Feelings It's always nerve wracking to perform new skills and be in different situations. But having a great preceptor and having a great staff to work with makes the biggest difference in the learning process. I felt confident and comfortable in my new learning space. I know I probably drove my preceptor up the wall with how slow I could be but she always remained patient and encouraged my learning. I have learned a lot in the 120 hours I have spent at LTACH.</p>	<p>Step 5 Conclusion I wish in certain situations I would have been more confident in myself but I know I will get better at that in time. But the only thing I would change is that I wish I didn't feel so rushed during certain situations. Being a student I needed some time to really take everything in. But other than that I had a great experience there.</p>
<p>Step 3 Evaluation It was interesting actually preparing the blood. I honestly forgot the process for how to do blood administration. So it was a great learning moment on how to prepare it, check it to make sure it was correct and waiting with the patient to watch for an allergic reaction. I was in the room helping clean up a patient and Denise the charge nurse came to the room to ask me if I wanted to witness post mortem care. It was a great feeling to know the staff are willing to come get me for a new learning experience.</p>	<p>Step 6 Action Plan Being at LTACH for my preceptorship was great. Being able to manage med surg, step down and ICU patient was a great learning experience. It definitely taught me a lot about time management and prioritization. I still have a lot to learn and experience but I felt like this was a good step forward in my clinical skills and knowledge. I would definitely recommend future students to precept at LTACH it has a lot to offer.</p>