

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?
<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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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.

<p>Step 1 Description</p> <p>My pt was diagnosed with Urosepsis and was sent up to the med surge unit from the ER. I played the role as the patient nurse and first went in to make sure the patient was safe and comfortable. I then left to grab the meds and use my critical thinking skills to know which ones I was going to pull. After locking the system, I went back in the pt room and gave the correct meds. The pt rated his pain at a 5 from 0-10 and felt okay for the time being. I played the role of taking care of my patient on my own. After my CPE exam I was told I passed and checked all the boxes.</p>	<p>Step 4 Analysis</p> <p>I learned about each med that could possibly be given and used the knowledge I knew about lab values, vital signs, and pain to decide whether or not to administer.</p> <ul style="list-style-type: none"> - Urosepsis is an infection that starts in the urinary tract and spreads to sepsis throughout the body. I learned backup info over this topic from the material covered in Exam 3. - The pt had low BP, which is why it was important that they have the NS running, it was also why I held morphine and lisinopril. I held clopidogrel because the platelet count was too low, and I held acetaminophen because it was prescribed for fever over 99.9 and the pts temp was 99.7.
<p>Step 2 Feelings</p> <p>At the beginning, I was feeling nervous but confident. At the time I was feeling confident and prepared...but nervous This event made me feel stronger and more confident in myself. The words that were spoken to me helped calm my nerves a little. This made me feel more confident in my abilities The final outcome was good and made me feel very happy I'd say the most important feeling during CPE was confidence, because without confidence I could have second guessed myself and appeared unsure.</p>	<p>Step 5 Conclusion</p> <p>I feel that the scenario went well and feel like I have come a long way since the start of this module. I can't think of a specific thing I should have done better with other than handling my nerves, but overall, I seemed pretty calm once the scenario started. I learned that confidence is key. I know the information and told myself before the start that I could do this, and trusted my gut.</p>
<p>Step 3 Evaluation</p> <p>CPE was good because it allows us to show our nursing abilities in a safe environment. I wouldn't say anything was bad, I do feel that I had good critical thinking throughout the scenario. It was a little difficult to hide my nervousness, but I was told I seemed calm which made me feel good. I think I did well throughout the scenario and Ms. Starch did a good job at showing me the tour and calming my nerves while staying serious before CPE. I believed I could make it through CPE and the outcome was what I was hoping for. I worked hard to remember the fall bundle and use my critical thinking skills to the best of my knowledge. Looking back, I had a good experience.</p>	<p>Step 6 Action Plan</p> <p>I think CPE was a good experience that boosted my confidence. In hindsight, I still wouldn't change how today went. I used good critical thinking and tried to be very detailed with my actions so that nothing was left out. I can apply this to other events in my life and in nursing. Trusting myself and knowing that I can accomplish what is asked of me is important. This experience will improve my future practice by making me think critically for why the patient is in the state they are in and how I can help them. Overall, CPE was a good experience that showed me I can still function well under high stress situations.</p>