

# 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><b>Step 1 Description</b>                  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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?</li> </ul>
<p><b>Step 2 Feelings</b>                  Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>

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### 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?

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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.*

## Step 1 Description

During my preceptorship I have been paired with my preceptor Kristian Herrera. I have had the opportunity to work on my skills on not only the PICU but also the Pediatric ED and NICU. During this time I have been exposed to a variety of different cases and have learned about NAS, TBIs, chemotherapy, care of a neonate, streamlining the process in the ED as well as seizures.

## Step 4 Analysis

Seeing how these critical cases are handled and the way that we streamline the care for these specific cases has really solidified my love for critical care. I feel in the future critical care will be where I hope to land in my career.

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<p><b>Step 2 Feelings</b></p> <p>When I first began my shifts in my preceptorship I was very nervous and unsure of how everything was going to go. I of course did my best to ask pertinent questions and acquire as much knowledge as possible while practicing some of the skills that we as nursing students do not always get to do such as medication admin, IV starts, EVD care, oral care, C-spine precautions and much more. As I continued to do these things I felt more comfortable and less nervous.</p>	<p><b>Step 5 Conclusion</b></p> <p>In conclusion I have had a very positive clinical experience and although I wish I would have had more opportunity to care for critical patients I feel that my knowledge has grown.</p>
<p><b>Step 3 Evaluation</b></p> <p>The best part about this experience has been that I was able to see critical cases such as a 10-year-old ATV accident who suffered multiple facial fractures, a TBI and spinal fractures. With me being able to see this case I have been able to put some of my knowledge that I have acquired through theory into clinical practice.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, this experience has helped me grow as a student and a nurse. I have been able to broaden my knowledge and I feel that I will carry my experiences with me into my career. I will continue to ask questions and work on my confidence moving forward because I feel like that is the thing that I lack the most of.</p>