

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'
<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>I knocked on the door and introduced myself to the pt. I asked how the pt was doing and if they were in any pain. They said that they were only in a pain scale of 2. I also asked them how their night was and they had told me that it was good. Since the pt had told me that their pain was only a 2 I made the decision to hold the pain medicine. Their platelets also did not meet parameters so I held that medication as well. I informed the pt why I was choosing not to give them their medications and they replied with an "Okay"</p>	<p>Step 4 Analysis</p> <p>The pt may have thought that I was not a good nurse for not being confident enough when I had walked in the room. I applied my knowledge of time management that I had gained experience from in the hospital during clinicals, which helped me how to manage my time better for CPE.</p>
<p>Step 2 Feelings</p> <p>I was feeling very nervous and anxious while I was in the pt's room but as I had talked to the pt more I become more relaxed. At the time I was thinking how I can make the hospital stay for the pt better if they weren't in a good mood. I was relieved to know that the pt was well taken care of through the night and was able to get some rest.</p>	<p>Step 5 Conclusion</p> <p>I could have not stood around the pt's room waiting and staring at the pt not knowing what to do. I would have gotten out of the pt's room quicker after introducing myself and asking for their name, DOB, and allergies instead of standing next to the pt staring at them. I would have also checked to see if they had the fall bundle on, like the yellow socks and yellow gown on properly. I learned that I am able to manage my time better despite it may not look like it.</p>
<p>Step 3 Evaluation</p> <p>I feel better about myself knowing that I can help provide relief for my pt. Talking to the pt was easy because they were in a calm and relaxed mood. I believe that pt education went well because they were able to understand what I was giving the medication for as well as side effects of their medication. It was difficult figuring out what to do after I had entered the room but I quickly remembered what I needed to do and was no longer standing around anymore. I expected to run out of time doing CPE but I was able to manage my time well.</p>	<p>Step 6 Action Plan</p> <p>I think that I did well despite knowing that there are some aspects that I can improve on. Next time I will not stand around in the room staring at the pt waiting for something to happen because it can project that I don't know what I am doing as a nurse and that I may not be fit to care for them. I will use this experience in the future to prove to my patients that I am capable of taking care of them and that I am well equipped to do so.</p>

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