

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? 	<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?
<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? 	<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>In the patient room the teacher played the voice of the patient and a nurse observed as I took on the room of a nurse taking care of a patient with urosepsis. As the nurse, my job was to assess the patient and administer medicine that is needed to be administered.</p>	<p>Step 4 Analysis</p> <p>It seemed as if the patient was getting his urosepsis under control and the antibiotics were working since vital signs were good. We just wanted to prevent the patient from going into septic shock when it comes to an elderly patient getting urosepsis.</p>
<p>Step 2 Feelings</p> <p>At the beginning of the CPE I was very nervous. I was just nervous because I knew i was going to be observed and it was for a grade. However, I was confident in knowing what i needed to do. In the final outcome i was happy with my results.</p>	<p>Step 5 Conclusion</p> <p>I could have labeled the tubing before going into the room. Also i did not have to do the respiratory and cardiac assessment to save time.</p>
<p>Step 3 Evaluation</p> <p>I think I had a great ADIET and assessing the patients neuro functions. I learned i did not have to do a full assessment. Just a pain assessment and check the catheter and urine. However, I did good in catching that the patient had a low pain level so he did not need any pain meds. He only needed his antibiotic IV piggyback and one PO med. I did a great job priming the piggyback and setting the medication on the right setting. I could use time management better to finish faster next time.</p>	<p>Step 6 Action Plan</p> <p>I like these CPE practice because i feel like it gives me a very good simulation of how it will be in the real world. It gave me a good insight on how it will be when I am actually a nurse taking care of a patient. How I will have to look at labs and the doctors orders and determine what the patient actually needs and doesnt need.</p>