

## 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 on page 2, document each step in the cycle. The suggestions in each of the boxes may be used for guidance but you are not required to answer every question. 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 experience, 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>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice? about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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Instructional Module: IM8

Date submitted:

*Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.*

<p><b>Step 1 Description</b></p> <p>October 20, 2024 was my first preceptor shift. I am doing my preceptorship on HOPE 2 which is the neuroscience's unit at Covenant Medical Center. On the first day I was able to get an understanding on the layout of the unit and an understanding of where everything was located. I have now completed four of my ten capstone shifts. I am excited to say that I am learning so much especially with charting assessments, and time management with medication passes in the morning. My preceptor has been very welcoming to me, and has even introduced me to the nurse manager on the unit.</p>	<p><b>Step 4 Analysis</b></p> <p>I was on Heart center 5 in module 4, which is now HOPE 2. I knew that I wanted to do my preceptor shifts on HOPE 2 because the culture they have is so positive. Everyone on the floor has a good dynamic with one another. I think that has allowed me to be more comfortable on the floor, with asking questions, and having more responsibility. The other nurses have even pulled me aside to do skills with them in order to give me the opportunity to learn and grow in my skills.</p>
<p><b>Step 2 Feelings</b></p> <p>On the first day, I was extremely nervous due to not knowing what to expect. I felt like I still wasn't confident in my knowledge and my skills as a nursing student. However, I have been able to do many skills along side my preceptor, and have been able to start IV's and do blood draws which I hadn't had much experience with prior to now. After my fourth shift I can say that I am no longer nervous to go to my clinical shifts, and actually look forward to them, because I feel as though I am learning so much and gaining more and more confidence in myself.</p>	<p><b>Step 5 Conclusion</b></p> <p>For my last six shifts I am going to push myself to ask as many questions as possible, and learn as much as I can to help myself integrate my mindset to soon be a new graduate nurse. I think that these shifts are going to be very helpful with this transition from student nurse to new graduate nurse. I do not think that my preceptor could do anything else to make my experience better, she even encouraged me to give nightshift SBAR on the patients I charted on and took care of for that day and gave me great feedback on what I can improve on for next time.</p>
<p><b>Step 3 Evaluation</b></p> <p>I think what has been difficult was on one shift, my preceptor was pulled to be a relief charge nurse on PEACE 5. As I was listening to the night shift charge nurse giving report on all 25 patients, I felt overwhelmed due to the amount of information being provided. But I was glad that I had the opportunity to see what a twelve hour shift is like as a charge nurse. I learned that you have a lot of responsibility and everyone on the unit looks up to you as a leader and has a lot of trust in the charge nurse. I contributed along side my preceptor by reviewing all the patients charts many times to be aware of any new or pending orders, helped with discharges, admits and got to be a part of the meeting with case management and other interdisciplinary team members.</p>	<p><b>Step 6 Action Plan</b></p> <p>My experience with these twelve hour clinical's has put into perspective a full day of caring for patients. Up to this point we were only doing clinical's for up to only six hours or so, which had not allowed us to see what went on in a full shift. I know I still have so much learning and growing to do but this has given me more confidence in myself. I am excited to see what else these last clinical shifts have in store for me. And by the end of the last couple shifts my goal is to be charting on all four patients, and giving SBAR on every patient I have cared for during that shift.</p>