

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>Step 1 Description 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"> • 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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Name: Instructional Module: Date submitted:

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

<p>Step 1 Description</p> <p>This reflection I am going to do over my overall experience of my preceptorship. During my preceptorship I learned so much. I got to see patients with all kinds of different things going on. Like I explained in my last reflection I really got to see how a heart patient was taken care and some of the key things going on with that. After that one of course I got a few more patients like her a couple more ACBs so I got a little more practice there. I also got to do some impela cases and that was cool. I really got familiar with chest tubes between two patients one day we had eight chest tubes and once you really get familiar with them it isn't as crazy as it sounds. I got cases like carotid stents and a carotid endarterectomy, and it was cool to see kind of how you go about taking care of those patients.</p>	<p>Step 4 Analysis</p> <p>For me throughout this entire experience I have been able to apply things that I have learned in the past in school and past clinicals. Applying what has been learned in class and kind of combining what is learned in clinicals really just brings it together and allows things to make a little more sense and that was definitely the case for me this module and during the preceptorship.</p>
<p>Step 2 Feelings</p> <p>I feel overall this preceptorship has been so beneficial and I have learned so much especially considering I will actually be working on that floor. It has helped become acclimated with the people and the floor itself and just sort of allowed me to kind of get my feet wet in a sense. It was very helpful. It's crazy to look at how I was at the beginning of the preceptorship to how I was at the end. I am happy with how my preceptorship turned out.</p>	<p>Step 5 Conclusion</p> <p>I have learned so much from this preceptorship. In just 10 shifts I feel I have improved so much so I can only imagine when I have 14 weeks of orientation. I don't know if I have changed anything over these last 6 weeks. I really feel like I was very engaged and willing to learn throughout this entire experience. I feel like the most important things is just knowing there is a lot to learn and being willing to engage and everyday and come ready to learn.</p>
<p>Step 3 Evaluation</p> <p>Again, one thing about this floor is communication and cooperation has always been very good. They work incredibly well together, and everyone is there to help each other, and I feel like I fit very well into that. For me personally I feel like I have improved a lot of the time, of course just seeing how things are ran on the floor and having an idea of what to expect while getting a certain admit. I absolutely, of course, have so much still to learn and I feel like no matter how long I work there will always be something to learn.</p>	<p>Step 6 Action Plan</p> <p>Overall, this experience was very productive, and I am not going to lie at first I was kind of dreading it but now that I have actually finished it all the way through I am really glad we do this. It allowed us to really experience how it is to work in the hospital and be able to learn from our preceptorship. I know it didn't work out for everyone like this but I am going to work on this floor so being able to have 10 shifts to see how things we done and honestly start building relationships with my future coworkers was just very beneficial and productive and now I understand why we do this right before we graduate.</p>

Adopted: August 2016