

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' 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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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 Took place in the SIM lab. I acted as the Nurse who was taking care of the patient and giving him his medications that the Dr. had ordered for him. Two instructors were also present in the simulation room evaluating me on my skills and grading my performance and med administration.</p>	<p>Step 4 Analysis I have always caught myself getting nervous and forgetting everything when it comes to CPE even if it is not graded but I don't get like that when I enter a patients room. I never really knew how that made any sense even if my instructor went into the patients room with me. I feel like nervousness and anxiety goes through me right before I enter that room even if I know what I am going to do. After the fact I made sense as to what I did and what I was going to do in the first place.</p>
<p>Step 2 Feelings Overall, I felt nervous. I knew what to say, look out for, and what to do but once I got into the room, I added more things that were unnecessary even though I knew what I was going to do before going in. I panicked myself which made me go off my script.</p>	<p>Step 5 Conclusion I should have not wasted so much time or worrying about the IV site and pump because that is what took up most of my time. I should have just stopped after I had fixed the safety issues and continued with medications. I could have done differently in not overthinking myself when after the fact I knew his symptoms were normal for his diagnosis and age.</p>
<p>Step 3 Evaluation Me wasting time in looking at and worrying about the IV and making the pump go off and trying to get it to stop was what went bad. Med administration was easy for me. I expected a different outcome because I had the entire scenario played out in my head from when I was going to walk in to when I was done. But what I thought was good was the feed back from the two instructors in the room and acknowledging every move I made and the decisions I could have made instead.</p>	<p>Step 6 Action Plan When I have something planned out as to what I am going to do I need to remind myself that is what I need to do because I know what I am doing and how to do it instead of panicking right before and my exact plan does not play out and I do not get the outcome I knew I was going to get if I would have stuck to me being confident. Learning from what I did and what I could have done will help me improve in a real-life situation. I can grow and take it with me as a learning experience and know that it all comes from confidence and knowing what I have already learned and been taught.</p>