

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 fusing the 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 Live Binder folder.

<p>Step 1 Description A description of the incident, with relevant details. Remember to maintain patient confidentiality. 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? • What are the people's perceptions, attitudes, or different interpretations?
<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? 	<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 learning 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>Step1: Description</p> <p>During my CPE scenario, my patient had a urinary infection and I was the nursing taking care of them. I ensured their safety by putting the call light in reach, raising the side rails, removing clutter, and ensuring they had nonskid socks on. I also administered Lisinopril PO and Levofloxacin IV piggy back in a safe and efficient manner.</p>	<p>Step4: Analysis</p> <p>I can use what I learned and performed in CPE next time I am with patients by ensuring their safety and administering medication safe and effectively. For instance, safety is one of the most important things healthcare providers need to ensure, so I will be carrying out my skills in this topic every time I am with a patient.</p>
<p>Step2: Feelings</p> <p>Before my scenario started, I was nervous in my ability to complete the task right and within the 20 minutes. However, when I received the my scenario's SBAR my nerves went away as I was determining which I meds I would be administering. During the scenario, I was confident in my skills and I even finished the task with enough time to spare.</p>	<p>Step5: Conclusion</p> <p>Overall I am pleased with how this scenario went, and cannot think of how it could have gone better. I have learned from the scenario that safety is the top priority when it comes to administering medication and when the patient is alone in the room.</p>
<p>Step3: Evaluation</p> <p>Overall I feel like the scenario was fair and it went very well. At first I was a little confused about which meds I will be administering until I realized that I needed to critically think and figure out the meds based on lab results and vital signs. One thing that I could have done better was that I prepared the IVPB in the patient's room, and I should have prepared it in the med room. One thing that I succeeded in was managing my time well I was able to perform all of the requirements and I had plenty of time left.</p>	<p>Step6: ActionPlan</p> <p>Because of how well the scenario went, I plan to keep safety as my number one priority when it comes to patient care. If I could do something different in my scenario now knowing what I know, I would prepare the IV piggy back in the med room so that I would have it better prepared before hooking it up the pump.</p>