

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</p> <ul style="list-style-type: none"> • What happened? <p>I was the nurse for my patient. Once I got report, I immediately checked for safety. I had to raise a rail, readjust their socks, and give them the call light. They had multiple medications, however some medications had to be held. This was due to his vital signs and pain levels. He received both an antibiotic (via piggyback) and his PO hypertensive medication.</p>	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> • Were other people's experiences similar or different in important ways? <p>My classmates and I were debriefing together and almost everyone had a positive experience. Some forgot simple things, such as assessing for allergies, checking compatibility, or basic safety. I am confident in their abilities, they just overthought.</p>
<p>Step 2 Feelings</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? <p>I tend to get very anxious during CPE. This experience was different, I went in calm and confident. I knew exactly what to do, and I felt so accomplished afterwards. As I've gone through this program, I've had more negative experiences than positive. No matter what, I've always kept a smile on my face, and stayed in a clear mindset. I prayed before I got out of my car, and went in determined to give my all!</p>	<p>Step 5 Conclusion</p> <p>What have you learned from this event?</p> <p>I learned to trust myself. I am capable of anything I can set my mind to, even if it is talking to a mannequin. I got to apply everything we learned in the past year. My ability to critically think has come a long way!</p>
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • What went wrong, or not as expected? Why? <p>While I was getting my piggyback ready, I forgot to look at the compatibility. So right before I programmed the pump, I had to leave and check the compatibility chart. Other than that, nothing went wrong. I did my seven rights, AIDET, and 4 P's. When in doubt, I did my hand hygiene. I will say I wrote every single step on my clinical paperwork, but once I got in the patients room, I did not look at it. I will say that is the one thing I did not expect.</p>	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • Can you apply these learnings to other events? <p>Yes, I can apply my learnings in clinical practice. By doing CPE, it gives us insight on what can happen with actual patients. My patient was assigned multiple medications, but due to vital signs and pain levels, certain medications had to be held. In clinical, my nurses knew which medications to give, and which ones to hold, and I never understood how they knew. Now it is starting to click for me!</p>