

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. 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? • 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>Getting assigned to the NICU was gut wrenching for me because the patient population is tiny. When I first walked into the NICU everything looked so different from the adult world. I was shocked by how small everything was, especially the oxygen devices. I was surprised how we don't physically need tweezers to handle how small the equipment is. There were so many rooms, for parents to room in, for practitioners who have to stay over night and rooms for grieving parents. The respiratory therapy was also very close by, like on the same floor all night long.</p>	<p>Step 4 Analysis</p> <p>There is a book of protocols on the floor which is beneficial if you forget how to do something especially for our patient population and the ones under 1000g almost anything could make the hemorrhage. Learning how to handle incubators and warmers is also very important because a lot of our babies are premature, and we need to know how to mimic the uterus so our babies can grow otherwise they will not be able to thrive.</p>
<p>Step 2 Feelings</p> <p>When I found out I was placed on NICU I was so happy because it was one of my top choices but then quickly came fear. I started to panic on the inside with doubt that I wouldn't be good enough. It just all started to feel like a big job because of the patients being sick babies and very small. After five shifts I still have some nerves but not as much as when I started. I feel confident when I perform care times now. I get so happy when my preceptor lets me perform new tasks so I can get the feel for things and learn important steps. Overall, I am enjoying everything about the NICU I never felt joy from going to work as I do in the NICU. I'm hopeful there will be a position for me after I graduate.</p>	<p>Step 5 Conclusion</p> <p>I think I am making the situation better because I want to be there at every shift and ready to learn and soak in all the knowledge my preceptor has to offer which I'm finding out quickly she has a lot of knowledge to teach. Taking the time to teach me all the safety measures and reasons why we do things the way we do them is going to benefit the patients I get assigned to when I become a nurse. I will be so much more beneficial to the floor when I break out of this shyness and offer more help which is something I'm working on doing differently I just needed to get the basics down before I could offer help.</p>
<p>Step 3 Evaluation</p> <p>My preceptor has been assigned acutely ill patients, and I am learning so much from these patients. I am learning how to be in communication with parents and the rest of the care team such as the NP, neonatology, respiratory care, lab, and X-ray. I recently got the opportunity to replace a Replogle, I did a good job the only thing is I need to be just a little faster when replacing it. The nurses on the floor are always ready help each other. There was one night we had to be in a patient's room for most of the night and most of the nurses in our pod pitched in to care for our second patient. They're always asking each other if they need anything.</p>	<p>Step 6 Action Plan</p> <p>I am always thinking of ways I can provide better care to the patient. I want to get to a point where I don't need to be prompted by my preceptor. Every time I try it is like I still forget a step and I always ask myself how I missed that. I always come to my next shift with a plan of what I am going to do to be a better nurse, and I always leave knowing that I still have a way to go. I want to work as a team with the nurses like they do together, but I always ask myself why they would want help from me, so offering them help is something I am working on trying to get over the fear of feeling like I am not good enough to offer help.</p>