

## 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><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice? about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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Instructional Module: 8

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

<p><b>Step 1 Description</b></p> <p>I am doing my preceptorship in the AED. I have seen a multitude of different things come through the ER such as AMS, accidents, traumas from falls or fights. I have been with my nurse Megan primarily, but when we are slow or there are learning opportunities I follow another nurse. I am in the role of an interning student nurse, I do nursing duties under the supervision of an RN such as medication administration or procedures like catheter insertion. The result has been good, I am learning a lot and honing into the skills I will need when I am an RN and a GN.</p>	<p><b>Step 4 Analysis</b></p> <p>I can apply the importance of asking questions when unsure instead of just doing. The core of universal competencies is all about operating as a safe nurse, and evidence shows that having a supportive team and a emotionally safe environment for nurses allows for a staff that is team oriented and safe. They all feel comfortable asking questions and help each other with questions and taking care of their patients. The sense I can make from this is just how important it is to have staff members who are supportive of each other, it makes for better patient outcomes. Different perspectives are healthy, no one situation is the same so having multiple perspectives opens the ability to adapt in different situations.</p>
<p><b>Step 2 Feelings</b></p> <p>At the beginning I was nervous I wouldn't catch on fast enough or I wouldn't be privy to catching things that are an emergency like acute changes in a patient. The words and actions of others made me feel better and more inclined to ask questions when I was unsure. The staff of nurses and doctors allowed for an environment where I felt comfortable asking for help. It made me feel empowered in my skills as a student nurse. The most important feeling I felt is confidence, this is the most important feeling because I trusted myself and my decisions. Which I believe make me a better and safer future nurse.</p>	<p><b>Step 5 Conclusion</b></p> <p>I could have made the situation better by being more confident in the beginning. I spent time being apprehensive and nervous to approach doctors or other nurses. I eventually did but would have benefited by doing it sooner. I could have jumped in sooner to asking questions and learned some things earlier. I have learned that you have to take the initiative in your learning, jump into opportunities instead of waiting for someone to invite you into them, go find them.</p>
<p><b>Step 3 Evaluation</b></p> <p>The bad I have experienced are feeling inadequate when I can't get through to a patient experiencing a psychiatric crisis. Good experiences are what I experience primarily, I have learned a lot, proper assessments, how to assess acute changes in a high pressure setting, recognizing signs of stroke, how to use different ER equipment. I feel that each situation has gone well, my nurse and I, no matter how difficult the situation was, have been able to properly treat our patients, making me feel confident in my skills. I didn't expect any different outcome and have felt confident in the staff in the ER and knew no matter how difficult, we would get our patients where they needed to be. I contributed by asking questions and attempting to take initiative in high stress situations.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think this has been a great experience for me, and valuable in all ways for me currently as a student nurse and in the future as an RN and GN. With hindsight, jumping in sooner and asking questions would have benefited me earlier. I can take the lesson I learned in being confident in asking for help is valuable and makes me a safer nurse for my patients. I can apply this learning to other events I may come across later in my preceptorship or in the future as an RN. This has taught me that there are no dumb questions in professional practice and if you don't know the answer there is always someone who does. I will use this experience as a pivotal point in being approachable to others when I ask questions and others who may have questions that I can answer. It makes for a safer team and better patient outcomes.</p>