

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?

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Step 3 Evaluation

- 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?

Step 6 Action Plan

- 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> <p>We went to Trust Point, a rehabilitation facility. There were a variety of patients there for things such as stroke, TBI, amputations, and post surgeries. Each of us students followed around a nurse so we can see how outpatient rehab works.</p>	<p>Step 4 Analysis</p> <p>There was a big impact seeing so many different occupations working together to help these patients get better, it was so cool to see. I think all of us had similar experiences and opinions of Trust Point, at least in my group. I think knowing your musculoskeletal system is important when caring for these rehab patients.</p>
<p>Step 2 Feelings</p> <p>I felt the experience was unique and interesting to see. I did get a little bit bored because for a little bit there was nothing for me and my nurse to do. I wish I went with my patients to therapy. I am glad we got to see how therapy worked and rehab was like. I was surprised at how many patients each nurse got, 8 is a lot!</p>	<p>Step 5 Conclusion</p> <p>I could've made the situation better by going with a patient to all the therapies. I stayed with the nurse and we didn't do anything after meds and a discharge. I did go and do wound care the rest of the day, but I should have gone to the gym with a patient to see more therapy. I learned that I need to focus on the specific reason we are at a certain place. Yes, I like wound care, but we were there to see therapy and rehab and I should've focused more on that aspect.</p>
<p>Step 3 Evaluation</p> <p>I thought I did well following a nurse doing wound care, I learned a lot. My favorite part was seeing how therapy worked and all the different kinds of tasks they help patients with. To be honest, I originally did not want to go because I thought it was going to be taking care of a bunch of total-care patients all day, but I was very wrong!</p>	<p>Step 6 Action Plan</p> <p>I think overall it was good for students to see this as a nursing option. If we didn't go, we would not have gotten to know what outpatient rehab was like. Even though I am not interested in doing something like that, I am glad I got to experience it. If given the opportunity again, I would definitely go to all the different therapies.</p>

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