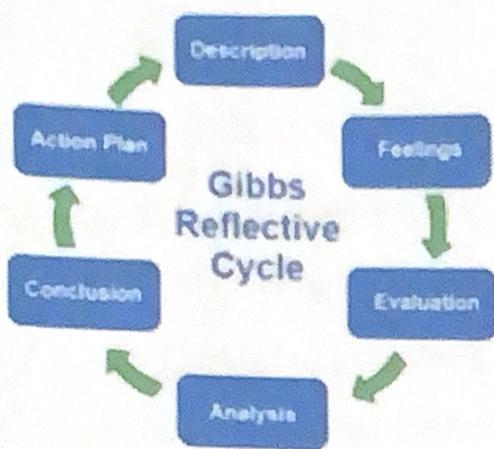


Victoria Borono

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Kusana

## 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." (Tangos 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. 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"> <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>

*Handwritten note:* Patient came in for induction of labor. Started off at

*Handwritten note:* Check oxytocin MN FHR + contraction ↑ Pitocin

*Handwritten note:* gave ice chips repositioned

*Handwritten notes:* station -2  
3cm effaced

*Handwritten notes:* Adopted: August 2016  
meconium → normal past 40wks

*Handwritten notes:* Cytotec → induce uterine contractions → 2-3 min apart  
water break, IUPC ↓ oxytocin 6 from 10  
turn her on left  
monitor contraction well

*Handwritten note:* Educated on epidural call if sharp pain

*Handwritten note:* since water broke

Covenant School of Nursing Reflective Practice

Name: Victoria Bororo

Instructional Module: 6

Date submitted: 02/18/25

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>My patient came in because of induction of labor. She is 40 weeks and 1 day gestation. A fetal monitor and Toco was placed on her and performed a vaginal exam. At the last check she was 6cm 90% effaced and 0 at station. The pitocin was being bumped up and down in relation to contractions. I was helping the nurse with repositioning changes. Recommendations, is to continue to monitor FHR and contractions, pitocin. Monitor patients vitals. Reposition frequently.</p>	<p><b>Step 4 Analysis</b></p> <p>What I can apply from my previous knowledge is patient-centred care, always know what's going on with your patient, perform assessments, ask questions, educate patients, give medications and monitor. There was collaboration with other health care teams.</p>
<p><b>Step 2 Feelings</b></p> <p>My feelings was that I was ready to see labor and excited, but as the time went on, I knew it wasn't going to happen. I was happy to work with my nurse, as she explained to me what was going on with the patient. She directed me and I felt amazing. <del>Just</del></p>	<p><b>Step 5 Conclusion</b></p> <p>I could have made the situation more better, is to support and encourage mom, through the process, by asking what she might need during this labor process. I have learnt that there is a lot to learn in labor and delivery, especially counting contractions, knowing when to increase and decrease pitocin, and just know how to read the monitor for FHR and Toco for contractions.</p>
<p><b>Step 3 Evaluation</b></p> <p>What went well is the whole process, from the moment my patient was admitted. She received epidural as needed, she had cyclo for induction, she also had ARM and IUPC inserted. All late decels were handled appropriately and there was continued monitoring and repositioning. The nurse was also educating the patient about late decels and early decels and answered any questions asked.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall I think everything went well. The patient was well taken care of and any major issue was solved. What I can apply is just monitor the FHR and contractions and <del>also</del> do the necessary adjustments related to it. Also the epidural education was important like report any signs of numbness or weakness in legs or buttocks, which the patient reported and the doctor, checked make sure all was good.</p>