

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> <p>During CPE my patient had urosepsis. I was taking the role of the nurse, and my patient came in through the ED. In my duration with the patient, I was to administer antibiotics and pain meds.</p>	<p>Step 4 Analysis</p> <p>The time at clinicals we've spent greatly helped me in preparation for CPE! That is where my thoughts went while I was performing the CPE. I just applied all the times I've passed meds at the hospital.</p>
<p>Step 2 Feelings</p> <p>In reviewing the SBAR, I went into the room confident in how to treat and help the patient. There, of course, were many nerves I was feeling as it was an exam, and I would like to properly apply all the skills and safety I have learned this past year.</p>	<p>Step 5 Conclusion</p> <p>To have made the duration better, I could have kept a different pace. For example, I could have been educating while I was scanning meds, but I just took time to be personable with the patient and not multitask.</p>
<p>Step 3 Evaluation</p> <p>The event overall I feel went great. I am proud of my education given to the patient and my routine of how I did it. Though, I did expect to finish with time left over and I did not. I finished right on time.</p>	<p>Step 6 Action Plan</p> <p>Overall, I feel it went much better than I expected. I did have the confidence going in, but I was not sure what distracters were going to be in play. (There was none) I feel 20 minutes in the room is a short time, but I do understand the reason behind it. I do need to work on finding another groove then how I normally do med pass. I need to do while I educate, as that is something I don't normally do.</p>