

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</p> <p>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</p> <p>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? Nervous, yet confident in my skills • What were you thinking at the time? I was thinking about pt safety and ensuring I wouldn't miss something small • How did the event make you feel? Better once I started and got my flow going • What did the words or actions of others make you think? They made me feel more relaxed, because it took my mind off of the nerves • 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>84 y/o M comes into the ER with nausea, vomiting, and malaise. Has a history of HTN and had a CVA incident 3 months ago. Is diagnosed with Urosepsis, is A&O x2. ER previously placed a Foley and a 20g IV, which is patent, clean, dry, and intact. Admitted the day before, dx must have occurred about a week ago for him to be in urosepsis. I was in the room assessing pt pain and safety, playing the role of caretaker as I gave meds and was performing patient teaching.</p>	<p>Step 4 Analysis</p> <p>I can apply my knowledge of meds into my pt teaching, I can use my critical thinking and apply it to care for my pt to the best of my ability. I don't think there is any literature for this subject. I think that the nursing process is relevant to this situation. Assessments, diagnoses, planning, implementation, and evaluations are always important when it comes to patients. The broader issue of urosepsis leading to death is an issue that could arise from this event. I know that it is important to treat this patient to prevent further issues from arising. Other people's experiences were similar but also varied from my own. All our scenarios must be different because they allow us to learn to adapt, but also have a new perspective on how to care for patients.</p>
<p>Step 2 Feelings</p> <p>I was feeling nervous, but confident in my skills when performing this assessment. I was thinking about keeping the patient safe and making sure I hit all my safety points, trying not to miss anything small. The event made me feel a bit more relaxed as it went on, and I got the flow of things. The words of others made me feel a bit more relaxed because it took my mind off the nerves. After completing the assessment, I was still nervous, but all of that was relieved once I finished and knew I passed. I think the nerves are an important thing to feel because it shows that I care about doing well and have a desire to pass.</p>	<p>Step 5 Conclusion</p> <p>I could have made the situation a bit better if I hadn't been so nervous and hadn't struggled to put my gloves on (lol). The others could have made the situation a little bit better if there had been a little more talking in the patient's room. (Honestly, it was fine either way) I don't think I would have done anything differently. I learned that it's okay to take a deep breath and slow myself down. It's okay to slow down to find my words and not be so nervous.</p>
<p>Step 3 Evaluation</p> <p>I think the event itself was good. I had no complaints about the situation. I think I had a good flow, good time management, and good education. I think this simulation was a perfect balance between easy and difficult for a CPE. I knew that we were not going to be tricked, but I was still creeping just to make sure that nothing went unnoticed. I was the most worried about something small, like not performing hand hygiene. Overall, I am very happy with the outcome and thought it was a good demonstration of my skills.</p>	<p>Step 6 Action Plan</p> <p>I think this was an overall very well-structured situation. I enjoyed the set-up, the meds, and the critical thinking behind the meds, it was done well. I think just being more relaxed is an important thing for me to learn in the future. Other than that, I would not do anything differently. Any lessons I took away from today will stick with me because they are reminders of where I want to improve in the future. This experience taught me that I have a good flow; I just need to calm my mind down. I will use this knowledge in the future to help me ease my nerves, so that I can ease their nerves. No one wants a jittery nurse. Having more confidence in myself, I can do it!</p>

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