

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.” (Tingos 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 style="text-align: center;">My pt. Is diagnosed with Urosepsis. I as the nurse was getting ready to administer my pt. Medications. I evaluated my pt. Chart to determine what needed to be given</p>	<p>Step 4 Analysis</p> <p style="text-align: center;">I can apply everything I have learned to this situation. My med admin and my safety were able to show in the event. Everyone situation is a little different because we all needed to evaluate what different medications to give.</p>
<p>Step 2 Feelings</p> <p style="text-align: center;">In the beginning I was feeling very anxious. I was thinking of how I should allow my flow to be. In the final outcome I was excited. I was able to perform the things I know how to do safely</p>	<p>Step 5 Conclusion</p> <p style="text-align: center;">I am happy with my outcome. The only thing I possible could have done better is just trusting myself. When I was walking out of the room the first time I kept looking back thinking I forgot something. I just need to trust that I know what I am doing.</p>
<p>Step 3 Evaluation</p> <p style="text-align: center;">What was good about this event was that I passed. Looking at my medications and my orders went very well. I was glad that I was able to distinguish what medications I needed to give. Overall I am happy with how it went, and it went well</p>	<p>Step 6 Action Plan</p> <p style="text-align: center;">Overall this situation was very helpful. We were able to fully apply all med admin and safety we have learned. Although we may seem like we know it beforehand it turns into a whole different situation when it is in a real life situation. Doing this activity really helps us apply it.</p>