

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>I was a nurse to a pt who came in with urosepsis. I did initial assessments and assessed pain and gave meds all while keeping safety in mind. Pt was A&O and stated a pain of 5. Acknowledged patients pain, came back with medicine and educated pt about med. Family was at bedside.</p>	<p>Step 4 Analysis</p> <p>I can apply knowledge of medication and how to educate patient AND family. Our sim experience helped a lot with handling family and patients.</p>
<p>Step 2 Feelings I felt nervous prior because I did not know what i was walking into. I felt kind of jittery and like I was going faster than I was processing. Mrs. Kensing threw me off a bit when I was explaining Levofloxacin BBW but I was able to handle the curveball and assure patient and patients family. I also felt like I was overanalyzing so i felt like I was keeping stuff out or forgetting to do stuff.</p>	<p>Step 5 Conclusion</p> <p>I could have explained the side effects of medication with more sympathy and more softly to not raise anxiety/concerns from patient and family. I feel like the conversating while trying to focus on CPE makes my focus shift a bit more just in the aspect. I have learned that I should always be aware and involve family in care as much as pt allows.</p>

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Step 3 Evaluation

The whole cpe was good because it made me sharpen my skills and while I was in the situation I was highly alert and my instincts/knowledge was at its highest point. I expected a huge turnover and that patient was going to be on the floor and super confused.

Step 6 Action Plan

I think the situation was perfect for ensuring that we enforce safety. I think that everyone was super nervous and if anything nerves would have got the best of me. Next time, I would just treat it more like a real scenario than thinking of it as being spectated because it would calm my nerves more. I can apply this learning to ensure I always am safe with my patients.