

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? We got a patient (BR) diagnosed with an eating disorder • When did it happen? BR got admitted on August 22, 2025 • Where were you? I was in the PICU • Who was involved? My preceptor, Savannah, and I • What were you doing? I was helping Savannah get her admitted and going through all of the admission questions • What role did you play? I was a nursing student doing my preceptorship • What roles did others play? Savannah was the nurse for that shift • What was the result? When the patient got admitted, she had to stay for ~12 days 	<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? I applied my past experience with eating disorder patients and how to care for them • What recent evidence is in the literature surrounding this situation, if any? The symptoms of bulimia • Which theories or bodies of knowledge are relevant to the situation – and in what ways? The binge–purge cycle because that is how bulimia is different from anorexia • What broader issues arise from this event? Refeeding syndrome • What sense can you make of the situation? She came in from an outside ER with a hx of purging and abdominal pain • What was really going on? Eating disorder – bulimia nervosa • Were other people's experiences similar or different in important ways? Different • What is the impact of different perspectives eg. personal / patients / colleagues' perspectives? Personal, because I can relate to her
<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? I was feeling empathy towards BR because I know what she is going through • What were you thinking at the time? I was thinking how she must have felt and knowing where she was coming from • How did the event make you feel? It made me 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • How could you have made the situation better? I feel like I did everything I could to make her feel the best she could • How could others have made the situation better? BR was my patient, so she really didn't see Garrett most of the day • What could you have done differently? I feel like I could have been more proactive in telling Garrett when she wanted her anxiety medicine

<p>think back to when I was struggling with my eating disorder and thinking how grateful I am to still be here</p> <ul style="list-style-type: none"> • What did the words or actions of others make you think? Some of the words that others were saying kind of made me think and wonder if they have ever had an eating disorder • How did this make you feel? It made me feel very awkward just because I really don't think they know how it is to have an eating disorder • How did you feel about the final outcome? During the couple days I was with BR, I became very proud of her, she was doing so well • What is the most important emotion or feeling you have about the incident? Empathy and the connection that I knew what she was going through • Why is this the most important feeling? It is important because if you know the point of view a patient is coming from, I feel like you can connect with them more 	<ul style="list-style-type: none"> • What have you learned from this event? To be more proactive and on top of things, even if I do get annoying
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • What was good about the event? Seeing BR get better just in a couple of days • What was bad? Knowing how she is feeling • What was easy? Talking to her • What was difficult? Trying to get her to talk just because she was in a new place she was very scared • What went well? During the time I was with her, we had no problems. • What did you do well? Charting, giving meds, and therapeutic communication • What did others do well? Garrett helped me get meds when I needed them and he was right there when I had any questions • Did you expect a different outcome? If so, why? I did not • What went wrong, or not as expected? Why? Everything that happened I expected it to. One day she didn't want to eat all of her meals or snacks but that was expected and she just needed some education • How did you contribute? I contributed by educating her and charting 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • What do you think overall about this situation? I think she is on the right path and she will get better • What conclusions can you draw? How do you justify these? She was underweight, due to the purging and limiting food intake • With hindsight, would you do something differently next time and why? I don't think I would do anything differently • How can you use the lessons learned from this event in future? When there is another eating disorder patient admitted to the PICU • Can you apply these learnings to other events? yes • What has this taught you about professional practice? about yourself? To not always assume how others feel or being biased just because of other experiences • How will you use this experience to further improve your practice in the future? I will use this experience with my next eating disorder patient to improve their hospital stay