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.

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

- 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?

Step 2 Feelings

Don't move on to analyzing these yet, simply describe them.

- 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?

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 4 Analysis

- 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?

Step 5 Conclusion

- 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?

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?

Ivy Bororio.

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Step 1 Description

So far, I've been in 3 codes in the ED. I've done compressions in 2 of those. In the first code the pt was involved in a MVA, he survived. The second code, however, the pt died. He came from dialysis where he collapsed. The third code the pt had a pulmonary embolus. He was brought in by EMS from home. It was stated that he had abdominal surgery a few days prior which is what caused the PE. The pt survived.

Step 4 Analysis

In this situation I applied skills from my BLS training and certification. As a student nurse I used the knowledge I had to understand what caused the pt to code. For example the pt who had a pulmonary embolus, I understood that that pt could be a complication from surgery which the ^had a few days prior.

Step 2 Feelings

In the beginning I was nervous because I've never had to do compressions. I was thinking that I was going to be incompetent but the nurses were supportive and encouraging during the whole process. By the third code I was feeling confident even in the chaotic environment. I was ready to do compressions when called upon.

Step 5 Conclusion

What I would have done differently is be more confident especially in the beginning. I would stand as far as I could from the event because I felt incompetent. I've learned to take initiative and do what I can. For example ~~standing~~ ~~when~~ ~~proximity~~ something as simple as standing within proximity so that others can easily see me and send me to grab stuff is beneficial in a situation like this.

Step 3 Evaluation

During the event, I learned the dynamics of the code blue team from the medical scribe to the RT ~~and even the nurse~~ I also learned from watching my preceptor nurse get involved in a code. What was difficult was keeping my emotions in check. At some point I was holding back tears when the family came to see the pt who was now deceased and they let out these heartbreaking cries that made me emotional.

Step 6 Action Plan

Overall I'm grateful for my experience because I know it makes me a better ~~nu~~ nurse. I will use what I've learned in my practice as a RN. Skills like being a team player and good communication are valuable in the ICU and ED where I do plan to work in the future.