Covenant School of Nursing Reflective Practice

Gibbs Reflective Cycle

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. Remember to maintain patient confidentiality. 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?

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Step 1 Description

- almost forgot to scan the meds before giving them to the patient (mannequin)
- i was in the SIM lab, during CPE
- It was me as the nurse
- I was nursing out loud, how i would document the med because the scanner wasn't working and then how i would give it.
- result was nursing out loud helped me remember that i had to teach scan give

Step 2 Feelings

- I was feeling scared & was overthinking
- I felt relieved after i had remembered
- relieved because had i not nursed out loud and remembered, i would have failed CPE.

Step 3 Evaluation

- it was good that i remembered, but bad because i shouldn't have forgotten.
- honestly giving the meds were easy, it was trying to remember the little things that went with the scenario that i kept stressing over.

Step 4 Analysis

- i can apply how nursing out loud from previous modules helped me problem solve my own problem without really freezing up and shutting down.

Step 5 Conclusion

- I think just taking a step back and going step by step slowly and really thinking about how I would do it in the real world would have saved me some time because i was panicking
- I have learned to always scan the meds before giving which i knew before, but my mind was going so fast i had to almost prompt myself and tell myself what im doing next.

Step 6 Action Plan

- I think overall I problem solved quick and can conclude that nursing out loud works.
- I can use these lessons once i become a nurse and get more comfortable with med pass, where it will become second nature to me to teach scan give.
- I can & will most definitely apply this to my future practice. It taught me how important slowing down is and really asking yourself what is next before just jumping to the next task without really asking yourself that first.