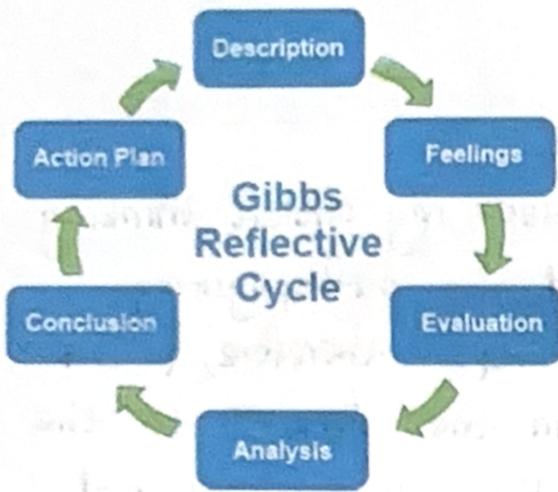


## Covenant School of Nursing Reflective Practice



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><b>Step 1 Description</b>          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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?</li> </ul>
<p><b>Step 2 Feelings</b>          Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice? about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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've observed violent behavior and deescalation. The pt had a hx of schizophrenia and was on meds for it but stated that she started having hallucinations <sup>again</sup> after seeing the conjuring movie. She was aggressive and hostile towards some people and welcoming towards others. I also had a pt who came in for abd pain. She met the sepsis criteria so she started getting tx for sepsis. CT scan revealed she had a perforation in her stomach due to a peptic ulcer.</p>	<p>Step 4 Analysis</p> <p>In this event I used my critical thinking skills. I understood the pathophysiology behind my pt with sepsis therefore, I was better able to explain the situation to the pt and family. For the violent pt, I used critical thinking to prevent further aggression. At some point I was able to communicate with her and I spoke clearly and in a calm tone and as a result she was not aggressive towards me.</p>
<p>Step 2 Feelings</p> <p>For the sepsis pt, at the beginning I was thinking of what to anticipate as a nurse. I knew the pt was septic and the cause of it so I expected them to schedule surgery immediately. I expected the pt to receive a fluid bolus and antibiotics and also maintain her NPO status. For the violent pt, I was expecting to see the deescalation techniques used since <sup>she</sup> also had persecutory delusions, and was distrustful of some members of the healthcare team.</p>	<p>Step 5 Conclusion</p> <p>What I would have done different is staying focused and not zoning out. I feel like as the day went by and I got tired I only put my attention into what I was doing and not on anything in my surrounding. For example I would be focused on drawing labs and not listen to what the doctor was saying in the background <sup>as he was</sup> <del>when</del> speaking to the pt.</p>
<p>Step 3 Evaluation</p> <p>I learnt alot from my sepsis pt. I was able to do a focused assessment on her, start an IV, give fluid bolus and antibiotics. I also helped take the pt to CT and saw how the whole team communicated with each other when the situation was emergent. For the violent pt, I observed how they deescalated the situation. They were assertive in their communication and maintained a safe distance btwn them and the pt incase she swung.</p>	<p>Step 6 Action Plan</p> <p>Overall I think these events were a good learning experience. I was able to apply what I learned in class to a clinical situation, like deescalation techniques, sepsis criteria and treatment and <del>also</del> <del>other</del> <del>the</del> skills like starting an IV, doing an EKG, drawing labs. I will use the skills I learned <del>and</del> <del>pract</del> in my future practice as an RN</p>