

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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Jaylee Gandy

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 On Monday, I went to CPE. I stepped into the nurse role, and I was able to educate my patient on their antibiotic to treat their infection as well as their lisinopril that they take for hypertension. I was also able to make sure that my patient was safe using the appropriate amount of bed rails and had their call light in reach just in case.</p>	<p>Step 4 Analysis I was knowledgeable about my patient's condition, seeing as I had just taken a test over that material. Their medications were common medications that I had seen multiple times in the hospital. I understood the need for said medications and how to administer them. As previously stated, I did not clean the IV port with alcohol. Talking to my fellow students, I realized that a couple people did the same thing, and one didn't have to come back, they were just told to make sure to remember in the future, which seemed unfair. I understand the need for safety, and I think the biggest problem that arises throughout my experience is how many skips are stepped in the hospital setting.</p>
<p>Step 2 Feelings Walking into CPE I felt confident. I knew my medications, why the patient was taking each one, and what parameters I would check before giving. Throughout CPE I felt that same confidence, knowing that I checked all of the boxes in my mind. After my time was up, I was informed that I missed one small thing, and that I would have to come back and repeat. This was not fun to hear, and to be honest it deflated me a bit. I felt defeated and it was tough to think that my grade would drop 25 points because of one small thing.</p>	<p>Step 5 Conclusion The biggest thing that I have learned is to always prioritize safety and aseptic technique, which is something that often slips out of our mind. If I could do it over again, I would save myself about three hours, and remember to swab the IV port before I connect it. I think the CPE was perfect for this module, and I appreciated the simplicity but also attention to details.</p>
<p>Step 3 Evaluation For me, the material of CPE was easy this time. I felt like I had a good grasp on my patient's condition, their medications, safety as well as my confidence as being the nurse in this situation. I missed cleaning the IV port with an alcohol swab which to be honest was just purely forgotten. As many times as I have practiced programming the pump, or setting up the IV Piggyback, I have never once cleaned the port or even been reminded to, so it did not even cross my mind.</p>	<p>Step 6 Action Plan As a professional this has taught me to be more aware of aseptic technique in my practice. I thought that this CPE was helpful and taught me something I didn't know I needed. Next time I will make sure to prioritize cleanliness, aseptic technique, and infection prevention. I will definitely use my alcohol swabs next time.</p>