

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. (Tsingoset 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.

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| <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 onto 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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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.

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| <p>Step 1 Description</p> <p>Patient was treated with urosepsis. I was his nurse. I gave patient antibiotics and an anti platelet.</p> | <p>Step 4 Analysis</p> <p>I used my previous knowledge of lab values for this scenario. Mrs. Heinrich really helped me remember my lab values with the activities she had us do at the beginning of the module. I think other peoples experiences were similar to mine. I think the flow of my patient teaching has improved.</p> |
| <p>Step 2 Fedings</p> <p>In the beginning I was very nervous. I'm pretty sure everyone that went in at the same time felt the same way I did. I felt a lot better once I was given my folder and reviewed the material. The lab values provided helped me feel very confident in the medications I gave. In the end I felt confident I gave my patient the best care possible.</p> | <p>Step 5 Conclusion</p> <p>I think I shouldn't have worried and stressed over this activity as much as I did. I literally made myself sick to my stomach because I was so nervous. I need to be more confident in myself and all the knowledge I have learned.</p> |
| <p>Step 3 Evaluation</p> <p>Overall, I think it was a good scenario. I honestly did not know what to expect going in, but I feel once I was there I felt more at ease. Being able to interpret and read the lab values were a it part of the event. Knowing them guided you on to what your next step/meds given would be.</p> | <p>Step 6 AdionPlan</p> <p>Overall I feel like this scenario helped me feel confident in myself. I felt like I had the knowledge to figure out based on the patients info, labs, history, and current vitals what my next move would be. This helped me understand how important lab values are and how they correlate to a patients plan of care and medications. I would not change anything about this scenario.</p> |