

## Reflective Journal Rubric

**Student statement:** By submitting this reflection, I am acknowledging that it is my own work. Comments are my own and have not been used in any previous work (inside or outside the institution). I have followed the rules outlined by my instructor and am compliant with the University of Windsor, St. Clair College, and/or Lambton College Academic Integrity Policy.

Student Name:

Student Number:

Date:

Category	Satisfactory	Unsatisfactory	Student Reflection (must be typed)
<b>Look Back (L)</b>	<ul style="list-style-type: none"> <li>Identifies <b>ONE</b> relevant clinical event/experience/ learning opportunity that was significant/impactful in one or two sentences.</li> <li>Describes this <b>ONE</b> clinical event so that the reader can gain an understanding of what occurred.</li> <li>Provides opinion/idea/perspective and feelings related to own. role/actions/performance in this clinical experience.</li> </ul>	<ul style="list-style-type: none"> <li>Does not provide a clear and succinct description of ONE clinical event, experience or learning opportunity.</li> <li>Does not provide own feelings related to the clinical experience.</li> <li>Identified event, experience, or learning opportunity is not relevant to clinical practice.</li> </ul>	<p>Something that I did in clinical was collaborate with Emily and Lily with a shift as well as a “diaper” change. This was my first time doing this without a nurse or clinical instructor. While doing this we weren’t as confident at the start, kind of second guessing and asking questions like “do we have everything we need” “which way should we role the patient first?” but once we started, we realized the patient was able to help us a lot and that it really wasn’t that complicated. I felt like after doing this I felt so much more confident working with patients. I was also happy for our first time doing it alone we had 3 people rather than just 2. Just for the comfort of also having an extra set of eyes and hands.</p>
<b>Examine Experience (E)</b>	<ul style="list-style-type: none"> <li>Selects a scholarly article that relates to this clinical experience (may use a CNO standard or BPG in addition to article, but not in lieu of an article).</li> <li>Briefly summarizes key ideas/findings of the article.</li> <li>Compares/contrasts own ideas/thoughts with those expressed by the author(s) with explanation.</li> </ul>	<ul style="list-style-type: none"> <li>Does not incorporate a scholarly article.</li> <li>Summary of the key ideas/findings of the article are not included.</li> <li>No explanation of the author’s ideas/thoughts compared/contrasted with own.</li> </ul>	<p>The key finding from the article was that nursing and patient outcomes are significantly related to nursing work environments that support professional nursing practice. When working in nursing, working in an empowering environment that focuses on confidence and collaboration decreases patient mortality and the quality of care. I completely agree with the statement, especially in terms of student nurses, its very helpful to work with other people so that you can still practice your skills, but you have someone else there in case you are unsure or need help.</p>
<b>Appraise and Analyse (A)</b>	<ul style="list-style-type: none"> <li>Discusses at least <b>two</b> other people’s ideas/opinions/ perspectives that should be</li> </ul>	<ul style="list-style-type: none"> <li>No other perspectives are discussed.</li> </ul>	<p>After this the change was done, I talked to Lily and Emily about how they felt with how we did and they felt more confident after doing so aswell. They felt</p>

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	<p>considered related to this clinical event (how might they feel: e.g. client, peer, family, other discipline, etc.).</p> <p><b>**A reflection graded as <i>excellent</i> would also include the following:</b></p> <ul style="list-style-type: none"> <li>• Examines perspectives surrounding this event at the level of nursing in general, and/or society in general (e.g. impact on health care system/nursing profession, political, financial, cultural influences on Canadians).</li> <li>• Identifies how the event/situation challenged own perspective(s) and status quo (usual way of doing things).</li> <li>• Poses questions that should be considered due to their significance to nursing practice.</li> </ul>	<ul style="list-style-type: none"> <li>• Only one other perspective is discussed</li> </ul>	<p style="color: red;">like the next time we were asked to do a change we would feel much more confident right of the bat.</p>
<p><b>Research and Revision (R)</b></p>	<ul style="list-style-type: none"> <li>• Provides summary of learning from this clinical experience and from the article findings.</li> <li>• Identifies what they could have done differently in this clinical experience.</li> </ul>	<ul style="list-style-type: none"> <li>• Summary not provided</li> <li>• Does not identify what they could have changed about their own role/actions/performance in this clinical experience.</li> </ul>	<p>I think the only thing we could have done differently is make sure the diaper we had was the correct size before we start. This happened because there was already a diaper in the room and we assumed that it was the correct size for the patient since it was in her room but then once we started the change we realized it was the incorrect size and one of us had to step out to get the correct size. My learning from this clinical experience and article findings is that confidence comes with practice and until we are 100 percent confident in our abilities it's always better to collaborate with others. And even when we are 100 percent confident, it's always safer to have an extra set of hands.</p>
<p><b>New Perspective (N)</b></p>	<ul style="list-style-type: none"> <li>• Incorporates specific examples of how this new/enhanced knowledge will be implemented into future practice as a nurse.</li> </ul>	<ul style="list-style-type: none"> <li>• No specific examples for implementation into future practice are incorporated.</li> </ul>	<p>This new knowledge will be implemented in further clinical settings by allowing me to not be afraid to ask for help or just an extra set of hands, because even if you know what you're doing, patient care will be better when you work as a team and/or with the help from others. I think for collaboration in nursing care and gaining confidence the other way to develop this is in the clinical and lab settings and talking to your peers. And also, possibly practicing skills with your peers.</p>

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	<ul style="list-style-type: none"> <li>Identifies a nursing resource(s) that will assist to develop this aspect of practice (e.g. identify a specific nursing textbook etc.).</li> </ul>	<ul style="list-style-type: none"> <li>Does not identify a nursing resource to assist with learning</li> </ul>	
<b>Concept Identification</b>	<ul style="list-style-type: none"> <li>Identifies and describes key curricular concepts that influence the experience (minimum one in 1<sup>st</sup> year; two in 2<sup>nd</sup> year; three in 3<sup>rd</sup> year; minimum four in 4<sup>th</sup> year)</li> </ul> <p>(critical thinking, know-based practice, evidence informed decision-making, health, teaching &amp; learning, professional practice, communication, leadership, collaboration, safety, person family centered care, and informatics)</p>	<ul style="list-style-type: none"> <li>Does not identify and/or describe related curricular concepts that relate to the experience/reflection.</li> </ul>	We used collaboration. Since we all hadn't done this alone yet and the patient was a heavier person we felt it was best to work together the 3 of us so we had all the hands we could get in case it was too difficult for only 2 girls to shift the patient.
<b>References and APA Format</b>	<ul style="list-style-type: none"> <li>Scholarly article(s) and any additional resources (CNO, BPG) correctly cited in reflection in APA format.</li> <li>Title page in correct APA format</li> <li>Reference in correct APA format</li> </ul>	<ul style="list-style-type: none"> <li>Incorrect APA format throughout reflection</li> <li>Incorrect APA format on title page</li> <li>Incorrect APA format for article(s) and/or other sources.</li> </ul>	<b>Student Reference(s) in APA Format:</b> Nursing, S. of. (n.d.). Effect of empowerment on professional practice... : Journal of Nursing Care Quality. LWW. Retrieved February 18, 2022, from <a href="https://journals.lww.com/jncqjournal/Fulltext/2008/10000/Structural_Empowerment,_Magnet_Hospital.7.aspx">https://journals.lww.com/jncqjournal/Fulltext/2008/10000/Structural_Empowerment,_Magnet_Hospital.7.aspx</a>
<b>Grade:</b>	<input type="checkbox"/> Satisfactory <input type="checkbox"/> Excellent	<input type="checkbox"/> Unsatisfactory	