



## Description of clinical practice

### Introduction

When you do the clinical part of your education it is important for your learning that you are part of a work community (1) where you practice performing nursing. It is also important that you can withdraw from the work and **reflect** on the nursing actions you have been a part of.

The study method “description of clinical practice” can assist you in this process.

A description of clinical practice is a description of a situation where you have participated in the nursing of a patient.

The situation has to be of short-duration.

The description of clinical practice consists of two parts

- a description of a patient situation which have made an impression on you
- reflection in relation to the situation described.

A description of clinical practice can be both oral and written and you can use it

- alone
- in collaboration with other students
- in collaboration with a counselor.

### Purpose

That you become more aware of performing nursing i.e. by including theory and experience in order to develop a more smooth way of managing the nursing care.

That you feel ready to conduct systematic reflection. This means that the study method can help you to become:

- conscious of your own nursing
- aware of alternative actions in nursing.

## Approach

<b>Description of a patient situation</b> The situation must be of short-duration. The description (2) is made in a narrative everyday language.	
Introduction	Time, place and who was present. Brief presentation of the patient. Arguments for nursing needs.
Situation	What has happened?  What did you do, what did the patient do and what did others do?  What did you hear, what did you feel?  What did you think?  How did you experience the situation?  How did the patient/the relatives experience the situation?  What influenced your choice of actions?
Closing	How did the situation end?

### Example of reflection (3) in relation to a patient situation

The assignment must be made using professional nursing language.

Analysis and delimitation	<p>When you read the situation again which questions do you feel the urge to ask? Do you see any dilemmas in the situation?</p> <p>What would you like to learn more about in relation to the situation described and your aims for the clinical practice placement?</p> <p>Choose a focus.</p> <p>How did you experience the focus contributed to meeting your aims for the clinical practice placement?</p>
Analysis of focus	<p>Which positive experiences can you include? You can also include the patient's experiences.</p> <p>Which experiences does the staff have that you can draw on?</p> <p>Which theories can help you learn more?</p>
Evaluation and conclusion	<p>What have you become aware of? What have you learned?</p>
Perspectives	<p>What are the consequences of what you have learned?</p> <p>Which actions are possible next time you are in a similar situation?</p> <p>Which new questions can you ask?</p> <p>What do you need to practice and/or learn more about?</p> <p>How do you plan to learn this?</p>

The patient and other persons in the description must be anonymous. The written assignment must not exceed 2-3 A4 pages.

#### Literature:

1. Heggen K. (1995): *Sykehuset som "klasserom"*. Oslo, Universitetsforlaget
2. Bjerknes M, Bjørk (1994) I: *Praktiske studier - perspektiver på refleksion og læring*. Oslo Tano
3. Brøbecher, Helle; Mulbjerg, Ulla (2005) (Red): *Klinisk vejledning og pædagogisk kompetence i professionsuddannelser*. 1.udg. 1.opl. København: Munksgaard