



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. Remember to <u>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?
<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?

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 In the scenario our patient was 18 months old. She has down syndrome and has just been diagnosed primarily with a Septal Ventricular Defect, secondly with congestive heart failure. I was the charge nurse in the scenario.</p>	<p>Step 4 Analysis From this situation we were able to apply our knowledge of the medications she was on and why, and we were able to apply the association between down syndrome children being more susceptible to having heart issues.</p>
<p>Step 2 Feelings At the beginning of the scenario I felt very unprepared and unorganized. I was also getting overwhelmed because the family member was asking questions that I didn't know the answers to and I didn't want to give them false information.</p>	<p>Step 5 Conclusion We could have made the situation better by being more organized, and by gathering more information about the disease and process before we went into the room. We also could have looked deeper into the patient's chart. This situation taught me how crazy things can get, so it really does help to just take a deep breath and gather yourself before letting everything snowball.</p>
<p>Step 3 Evaluation The good thing about this scenario was that it was just a simulation and was a learning experience. It also helped that I had another peer with me, who was the main nurse. We were both frazzled but once we calmed down we fed off of each other's knowledge. At first we were all over the place but we started connecting the dots with what the mom was asking and with the condition of our patient.</p>	<p>Step 6 Action Plan Overall this situation was a difficult one to be in but I feel like once we started connecting the dots, things started flowing better. I feel like we handled it as best as we could and it was a good learning experience for myself and my peers.</p>