



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</p> <p>We had a patient that was experiencing a very high heart rate and dysrhythmias due to a septal defect and hypokalemia. Me and the other nurse assessed the lab values before entering the scenario and determined that the patients' potassium was too low to give the Furosemide. Upon inspection of the child along with the lab value of K+ being 2.8, we called the physician to address our concerns. With further orders, we gave a K+ bolus and the child's heart rate returned to normal range.</p>	<p>Step 4 Analysis</p> <p>Having knowledge of normal lab values and the effects of high or low values was extremely important in this scenario. We had to act quickly in order to preserve cardiac function in this child. Once the child is stable, we can work on the other issues the child is having, such as the poor feeding, failure to thrive, and fluid overload.</p>
<p>Step 2 Feelings</p> <p>I felt nervous at the beginning just because I wasn't sure what they would throw at us when entering the room and just wanted to make sure I stayed alert and payed close attention to the vital signs and patient response. The other nurse in the room made me feel better with his confidence and his ability to answer the mothers questions quickly and calmly. Overall I think we worked well together and met the needs of the patient in a timely manner.</p>	<p>Step 5 Conclusion</p> <p>In general I wish I was more comfortable in these simulated scenarios, I get very anxious and sometimes forget what I had planned on doing when entering the room. There were some things while in there that I wanted to do, such as check the patient's urine output for that day and comparing the weights from previous days. There were just other actions that took priority at that time and I think these scenarios prepare us for the "real world" where we can organize our thoughts and get all of our interventions done while prioritizing the patient care and providing a calm environment.</p>
<p>Step 3 Evaluation</p> <p>It was good that we noticed the low K+ level and decided to call the physician, or the patient's condition would have worsened greatly. It's always difficult when a parent is extremely worried for their child, but staying calm and understanding their concerns makes the process easier for everyone.</p>	<p>Step 6 Action Plan</p> <p>I am glad that I read everyone's responses in the discussion board because I would not have been as prepared going into the scenario. I think that I could have been more vigilant about identifying the child when entering the room. Also, I now know that two nurses should double check any potassium bolus, and we should always take extreme caution with K+. Overall the experience was beneficial and fun. 😊</p>