



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>Today in sims lab I was a nurse for patient Aaron Jackson he is a 9-month-old infant, he had a surgery procedure for Hirschsprung's Disease, in which they placed a colostomy. Nurse B was the Father in the room with Aaron, Aaron was crying and father was explaining to me that he had been crying, I performed my abdominal assessment looked at his vital signs they were all within normal range except his blood pressure that was a bit elevated, I performed a pain assessment with FLACC and determined that Aaron needed some pain medication, the doctors orders had morphine, and an antibiotic was due.</p>	<p>Step 4 Analysis</p> <p>I can apply that when a patient is in pain, it is a priority to manage that pain with medication as needed, so therefore I needed to administer the pain meds first so that my patient would not be in so much pain.</p>
<p>Step 2 Feelings</p> <p>At the beginning of the scenario I was very nervous because I was being watched, then as I walked in the scene I felt a bit at ease just trying to focus on the patient and his father to get the information that I needed in order to make Aaron comfortable and not in pain. In the middle of my medication administration I started to feel a bit frustrated because I knew that I had made some errors</p>	<p>Step 5 Conclusion</p> <p>I felt that in my situation what I could have done was just to slow down and not to over think, I needed to focus more on the medication preparation and my 7 rights of medication.</p>
<p>Step 3 Evaluation</p> <p>The situation went bad when I was in the medication room and preparing the medications, and used the wrong syringe for my patient morphine I was supposed to get a bigger syringe so that I was able to dilute the morphine with 5ml of normal saline. As I gather my medication supplies and headed to the room, I decided to give him his antibiotic first instead of his morphine which I should have administered the morphine first since the patient was in pain. Then I had trouble with the IV antibiotic PB, I didn't prime the tube, so the IV pump was beeping that air was in the tube!</p>	<p>Step 6 Action Plan</p> <p>Overall, I believe that this was a good experience for me. I will take the mistakes I encountered and make it good positive learning experience the mistakes will just make me into a better nurse, so that when I am in a real hospital setting I know that I will not make these mistakes. I feel that I have learned so much in this experience.</p>