

## Covenant School of Nursing Reflective



*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><b>Step 1 Description</b>          On Tuesday at clinicals I accidentally threw away a vial of ceftriaxone into the sharps bucket while I while in the med room. I immediately informed my nurse and she informed me that there was a way to document it in the computer when we went to the patient's room. I was the reason that the vial was thrown away, but my nurse played the role of being able to help and inform me how to correct my mistake.</p>	<p><b>Step 4 Analysis</b>          I will apply this knowledge when giving medications from now on. We learned in IM2 about keeping the vials because they need to be scanned in the patient's room to preserve the 5 rights. Because of this incident there could have been a medication error. I was working too quickly in the med room and not thinking and threw away the vial. I have not discussed this with my classmates, but my nurse informed me she had done it before as well and she could show me how to fix my mistake.</p>
<p><b>Step 2 Feelings</b>          As soon as I realized what I did I was immediately upset with myself because I thought I had made a crucial error and was going to have to report it to the charge nurse or something along those lines. I was also thinking that I was going to get in trouble or that there was no way to fix it. My nurse was kind about it and by informing me that we could work around it, I was released but still disappointed in myself. Because we were able to document the mishap and correct it I felt better about the overall outcome. Some important emotions What I was feeling at the time was shame because I had made a simple mistake that should have never happened, this is an important emotion because it showed me what not to do in the future.</p>	<p><b>Step 5 Conclusion</b>          I could have slowed down and thought about what I was doing at the time. I could have been more focused on what supplies I needed before going to deliver meds to this specific patient. Although it is definitely not her fault, my nurse could have been watching closer and stopping me from throwing the vial away. From this event I have learned to always pay attention to what I am doing in the med room and to not rush.</p>
<p><b>Step 3 Evaluation</b>          The event was good because it was a learning experience, but it was also bad because it was embarrassing and upsetting to me. The whole event was easy to fix in the computer with documentation but if I had not thrown away the vial then the whole process of giving meds would not have been as difficult and time consuming. What I did well was immediately informing my nurse. What my nurse did well was teaching me how to fix the error I had made safely and correctly. I expected to be in trouble or get reprimanded because meds are such a vital part of patient care and med errors can be deadly or result in legal action. The thing that went wrong was caused by me throwing the vial into the sharps container.</p>	<p><b>Step 6 Action Plan</b>          Overall, I am still disappointed that the situation even occurred, but I am happy that we were able to correct it. I will be more focused in the med room and slow down and think before throwing things into the sharps container. In hindsight, I would have placed the vial in the medication tray and took it into the patient's room to scan. In the future I will remember to keep medication vials for scanning and not throw them away in the med room. This has taught me that I sometimes try and get tasks done too quickly and it can cause errors. I need to slow down when getting medications and always triple check the are correct before giving them to patients. This experience will improve my practice by making me aware of my own flaws as well as illustrating what I need to work on.</p>

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*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.*

Step 1 Description	Step 4 Analysis
Step 2 Feelings	Step 5 Conclusion
Step 3 Evaluation	Step 6 Action Plan