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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>          A description of the incident, with relevant details. <u>Remember to 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b>          Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>

**Step 3 Evaluation**

- 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?

**Step 6 Action Plan**

- 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?

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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.

<p><b>Step 1 Description</b></p> <p>My classmate and I were caring for a patient in the SIM center that came to her pediatrician's office with poor feeding, tachycardia, and tachypnea. She was then sent to the hospital with a diagnosis of ventricular septal defect. On our arrival to the shift, her vital signs were HR 101, RR 26, BP 96/64, Temp 98.4F, O2 Sat 94%. When we came to introduce ourselves to the mother, the child's HR was elevated (190) past the limit the Dr. ordered (150). The ECG started showing some arrhythmias, so instead of getting medications, we called the doctor figure out what to do next. The doctor told us to hold Lasix and Digoxin, and instead administer KCl since K+ levels were low.</p>	<p><b>Step 4 Analysis</b></p> <p>The broader issue with this situation is simply that we're still learning about different situations and haven't been exposed to many high-risk scenarios yet. I was so focused on trying to get the baby to stop crying and answering the mother's questions, that I didn't think of writing down all the vital signs.</p>
<p><b>Step 2 Feelings</b></p> <p>At the beginning, I was extremely nervous to be caring for this patient in the simulation center. I don't tend to get that way with my actual patients, but there is something about the simulation center that gives me anxiety. There are some things I wish I did differently, but I feel more confident this time around compared to last modules simulation.</p>	<p><b>Step 5 Conclusion</b></p> <p>I think my partner and I worked well together and did everything right, but it just took a little longer than it should have. We had to go back in the patient's room after calling the doctor to get more information, and we had some confusion with the pump at first since it was a high-risk fluid. Other than that, I think everything went well.</p>
<p><b>Step 3 Evaluation</b></p> <p>This situation was a huge learning experience for me. Since it's simulation, I knew something was going to be thrown at us and that we would mess up. My partner did a great job at communicating to the mother and taking the initiative to call the doctor, and I think I did a good job at noticing the little details to help my partner. I noticed the HR was elevated and that the other vitals were normal, but one thing I messed up on was not writing those other vitals down. When my partner called the doctor, he asked what the other vital signs were too, so we had to go back in the room and call back to give the doctor a more accurate depiction of the situation.</p>	<p><b>Step 6 Action Plan</b></p> <p>This situation taught me so much. Although, I may have failed a couple times, I learned how important it is to be extremely observant and what to look for. I struggled with the pump a little bit, but I think it was because I was over thinking. Now I know to be more confident in what I have learned thus far and to record vital signs even if they are normal. I'm extremely grateful for this experience and can definitely apply everything I learned onto the clinical floors.</p>