



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. <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"> • 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?
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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>Step 1 Description</p> <p>We were in the sim lab for 4 hours and trading nurse roles with our classmates. We each drew a card to see which role we would be part of. I got the role of being the nurse and being the patient. I contributed by taking care of my patient and being their advocate. We would later have a debrief of what happened in the situation and learn from our mistakes. This had a positive impact to our learning skills and to see how each situation differs from such as a nursing diagnosis to medical treatments.</p>	<p>Step 4 Analysis</p> <p>I can apply this to my previous knowledge by how there are many ways to do the correct way in administering medications and making sure the patient is comfortable. These past two days were definitely helpful with helping our knowledge grow in either administering medications or just simple taking care of our patient the correct way. In my group we all thought the same way that these scenarios were helpful to our understanding.</p>
<p>Step 2 Feelings</p> <p>At first, I was feeling scared and nervous. This event made me feel great afterwards and more confident in my nursing skills. The final outcome made me feel more positive about myself because I'm a person who isn't that confident and is scared to talk. This situation opened my mind a bit more and I was able to contribute my own ideas. The important feeling, I had was satisfactory because the outcome impacted my learning experience.</p>	<p>Step 5 Conclusion</p> <p>I could've made this situation better by maybe reviewing my NII book to get knowledge of what I was doing to my patient. I would have studied back PowerPoints of other modules to learn more and remember the knowledge we have about nursing skills. I have learned from this event that we all make mistakes, but we have learned a lot about nursing interventions and teaching our patients the correct way.</p>
<p>Step 3 Evaluation</p> <p>This event was good because it helped us visualize a scenario. At first it was difficult but on the second day it was much easier, and I comprehended what was going on. I contributed by being the nurse and discussing afterwards in the debrief. I did well the second day when it was my turn to be the nurse. Sometimes what would go wrong would be the medication administration but then I would get the hang of it and correct the error.</p>	<p>Step 6 Action Plan</p> <p>With this week's event I can take this learning experience with me forever. I can remember the mistakes I did and apply them whenever I'm in clinicals or working in the future. This helped me open my mind a furthermore about patient teaching and discharge planning. I feel more prepared and knowledgeable with the scenarios we did. I will use this in the future to be better prepared.</p>

