



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. 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"> <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>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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>I was on heart center 5 and had a wonderful two clinical days. I mainly gave meds and didn't get to do many skills, but I for sure learned so much. The big thing was taking care of a patient who was almost completely immobile. I had a great nurse that showed me ways to help an immobile patient. I got to see how many different ways you are able to position a patient to help prevent them from getting a pressure sore or help preventing even more from forming. My nurse allowed me to critically think about how to place the pillows and critically think how to position the bed. My nurse of course helped me during the process, but I felt really good about my thinking skills. The result for the two clinical days were great and I enjoyed learning and gaining more knowledge.</p>	<p><b>Step 4 Analysis</b></p> <p>I always hear from past modules about pressure ulcers and how they can form from a patient just lying down for a long period of time. They can also happen if a patient is incontinent. This information is always great because something so simple as a pressure ulcer can turn into something bigger and we never want that to happen. There were no issues when I was doing this task and my nurse rarely had to jump in and tell me what to do.</p>
<p><b>Step 2 Feelings</b></p> <p>I was for sure nervous about helping the patient because I wanted to make sure I put her in a position that was preventing sores and also keeping the patient comfortable. I was going to just let my nurse handle it, but I told myself I have to learn and so I put my mind to it and tried my best with the positioning. I think the most important emotion was stress because I never want to do anything that could possibly lead the patient staying longer in the hospital. The outcome was great! The patient was very pleased and comfortable with the way I positioned them. This made me feel a great feeling and boosted my confidence.</p>	<p><b>Step 5 Conclusion</b></p> <p>I honestly do not think there could have been anything to make the situation better. I had a great nurse, who was also a great educator. I found that even if you are feeling nervous about something to just go ahead and try because you might be right. This was for sure a great experience and this was actually the first time I have seen a pressure ulcer. It was also cool because we made the patient feel like they were involved in their recovery.</p>
<p><b>Step 3 Evaluation</b></p> <p>The event came out great! It was definitely easier than I was making it out to be. I realized that if I just have confidence, it will be a great outcome. It helped that the patient was communicating with me during the process because it made me make sure I was doing good. My nurse was very encouraging and did not make me feel like I was wrong. I appreciate that so much because I feel I was able to critically think. Even though it was something simple, it was very impactful for me.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think the overall situation was a great learning experience for me. The knowledge I was able to gain was great because I can always take it into the future with me. This event taught me about how being a professional even when you are nervous is very important. I think this because you never want your patient to worry just because you are worried. They are here to get better and not to stress. Our job is to care and comfort these patients in any possible way.</p>