



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>

<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>
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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>Today I was in Heart Center 5 with my nurse, and we experienced both a situation we had never been in before. We had both never seen a patient go into a hypoglycemic episode. I was doing my physical assessment work sheet and I went in my patients' room who was asleep. I didn't want to bother my patient, and his wife insisted to wake him up, but I decided not to since he was snoring and seemed very tired. I went with another patient who was awake and alert. When I started doing my assessment my nurse went to the room I was at and immediately called me to go with her to another patient's room. It was the same patient I had gone to see 45 min before. This patient was now having a hypoglycemic episode. The nurse had said he was unresponsive and did not wake up, so she immediately got D50 to administer in patient's IV site.</p>	<p>Step 4 Analysis</p> <p>I can apply this situation from previous lectures such as the diabetes lecture. The diabetes lecture taught us everything about the symptoms of hypoglycemia, which is cold, clammy, and sweaty. All these pertain to how the patient was feeling as well as confused. I can see how quickly my nurse acted into action to save this patients life as quickly as possible. She had no doubt about the symptom's being hypoglycemic. Her impact was the same as mine that we didn't expect the patient to fall into crisis like this since his blood sugars were normal in the morning. This was her first patient ever with a hypoglycemic episode who was unresponsive.</p>
<p>Step 2 Feelings</p> <p>At first, I was feeling shaky for a minute because everything happened so quickly to how he was just snoring to now being in a hypoglycemic episode and not responding. This made me feel down because if I would've done his assessment and his wife by waking him up maybe I could've prevented that event from happening. Seeing his wife crying was just so heart breaking because you care about these patients, and we want to save their lives. I feel like there were many ways to prevent this incidence from happening. My most important emotion about this situation was happiness because my patient got better and was able to be responsive once again with little confusion.</p>	<p>Step 5 Conclusion</p> <p>I could've made this situation better by paying more attention to what was going on to the patient. Instead of letting him rest, I should've spoke to him and see if he was okay. I could've checked his appearance more closely to maybe have prevented this situation from happening. I learned from this event that we should pay very close attention to our patients even if there asleep. We should go up to them and take a look at them even if there asleep. Paying attention will help save more patients' lives by keeping a close eye on them every time we have a chance to peek in their room.</p>
<p>Step 3 Evaluation</p> <p>What is great about this event is that we should always check up on our patient at all times even if there asleep. No matter how much we think we bother them it's for their own safety. What went well was that our patient was slowly able to regain his consciousness and able to communicate with us again. I helped my nurse with the administration of D50 as well as get orange juice for my patient. I expected a different outcome because he was unresponsive with a slurred speech, and I thought he would have a code. I contributed my bringing juice to my patient and giving it to him so he could get his blood glucose up. I also checked his blood sugar with the accu-data monitor. It went from a 38 to being 163.</p>	<p>Step 6 Action Plan</p> <p>I think this situation overall opened my eyes even more to what's going on in patients' rooms. Next time I will surely go up to my patient and check on them closely. I will definitely use this in my future and especially in my career. I can definitely use this in other events since it's important to always have a close eye on our patients. This situation has taught me to look for further detail in patients and never assume. We always have to know for a fact that our patient is doing okay and is fine. I will now in the future keep this always in my mind to keep patients safe.</p>

