



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 at heart center 5 with a patient who is knowledge deficit because of many lesions in her brain. I experienced with my patient where she doesn't know what a nurse is there for and is very aggressive with the nurses. She really doesn't know what's going on at times. I went to her room to feed her because she has trouble feeding herself since she is on restraints 24/7. She hasn't eaten since yesterday which wasn't a lot of food. My nurse's goal was for me to be able to feed her although she doesn't like nurses being around her. I was able to successfully feed her without complaining or being aggressive towards me.</p>	<p>Step 4 Analysis</p> <p>I can apply this situation from previous knowledge and understand she's being this way because of the lesions in her brain she can't help but act that way towards others. There is a lot of different perspectives from many people. They might think she is mean and just being mean on purpose, but we have to understand her health condition and comprehend she is sick just like any other patient on this floor. We have to understand and comprehend our patients to make them feel better.</p>
<p>Step 2 Feelings</p> <p>At the beginning I was feeling scared and very nervous because I had seen what she was telling my nurse and others mean things. I felt like this event made me grow stronger in personality to be able to be comfortable around her. The final outcome made me feel better about myself for helping her getting fed and that she was calm about it. The most important emotion I had was satisfaction about myself being able to feed this patient who was having trouble eating and being able to communicate with others appropriately. This is an important feeling because it makes me feel more confident about myself with patients who are more difficult to communicate with.</p>	<p>Step 5 Conclusion</p> <p>I could've made this situation better by being less afraid of her and being more confident about myself. I have to fully understand that they are human beings just like us. What I could have done differently is entering the room with more confidence and being more assertive. My patient was cooperative throughout the whole feeding. I have learned from this event that you have to belief in yourself and know how to handle situations like this where your patient could be aggressive towards you.</p>
<p>Step 3 Evaluation</p> <p>At first it was difficult to get her attention because she starts talking about different topics unrelated to herself and was starting to be aggressive. After I caught her attention, she was less aggressive and paying more attention to her meal. What went well was that she ate her meal and was able to drink water on her own. I expected a different outcome since she was hostile. I thought she wasn't going to cooperate with me and just not eat at all. I contributed by being able to understand how she feels and just listening to her and being able to feed her.</p>	<p>Step 6 Action Plan</p> <p>I think this situation opened my mind more about communication skills with our patients and how to be able to handle them. Something different I would do next time is walk in the room not being scared but being more confident about myself. I can apply this learning event in the future with other patients that could have the same problem. This has taught me to be more professional towards my patients. I can use this experience in the future to have better communication skills with patients who we struggle to communicate with.</p>

