



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>Step 1 Description</p> <p>Today I was at heart center 5 with my patient who just had back surgery. I was with my nurse at the nurse's station when she decided to take out his JP drain tube out from his back. The result was very successful she asked me if I wanted to try it out and I sure did. I want to get the most out of clinicals experiences. It was an awesome experience especially because the patient was very sweet and nice. I would love to be back at the neurology floor.</p>	<p>Step 4 Analysis</p> <p>I remember from lecture just seeing how the drain looked and now I can try this again with no worries and more confidently. My nurse's opinion was that it was an easy process. I think it's easy, but we have to be very careful with our patient and use aseptic techniques. I feel like my nurse will impact me the most because she's taught me a lot of important things I need to know when I become a new graduate nurse.</p>
<p>Step 2 Feelings</p> <p>At the beginning I was very nervous and afraid to mess up on my attempt to take the JP drain out. The event made me feel scared, but I knew I had a great patient who was very generous with me. My nurse would tell me that I got this and that everything is possible as well as practice makes perfect. The final outcome made me feel proud about myself for willing to try something new and learn how to do it.</p>	<p>Step 5 Conclusion</p> <p>I could have made this situation differently by entering my patients' room more confident about myself. That way I wouldn't be scared or afraid to achieve this intervention. I learned a lot from this event for next time when I have to do it again. Now I know what supplies to bring with me and what to do with the drain tube. The drain tube will be taken to the biohazard bucket. This has helped me be more successful in my future.</p>
<p>Step 3 Evaluation</p> <p>The good thing about this event was that I learned a new skill during clinical time. I thought it was going to be difficult, but it was easy at the end. I did very well when taking out the drain. I was efficient and didn't hurt my patient. I thought my outcome would be hurting him, but I did it step by step very carefully and ended up not hurting my patient at all. My nurse was very helpful throughout this process.</p>	<p>Step 6 Action Plan</p> <p>I can use this in the near future to reference back from what I learned. I now know what I'll need to do this procedure again. This event has helped me grow and learn more about the neurology floor. The conclusion I can draw from this event is that it is great experience learning everything we can during clinicals. I will practice more when I get chances to be successful in the future and hopefully one day work in heart center 5.</p>