



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 in heart center 5 and had a patient who had an altered mental status and dementia. She was a sweet patient who was quiet and spoke slowly. I entered her room to do my physical assessment on her since she was going to be my secondary patient. I was speaking with her and asking her questions when she told me she was feeling short of breath and not feeling quite well. I quickly did something about this situation. The result was a positive learning outcome.</p>	<p>Step 4 Analysis</p> <p>I can apply this situation from previous lectures we've had about shortness of breath and nasal cannulas. I also put my patient in semi-fowlers position to help her breathe even more better. This intervention helped her a lot. I can sense from this situation that a patient never lies about their health. We can never assume about their situation. We have to make them feel better,</p>
<p>Step 2 Feelings</p> <p>At the beginning I was feeling nervous about the situation. But deep down I knew what the right thing to do was. I was thinking what to do first about her shortness of breath. When she mentioned that I automatically knew she needed oxygen to breathe much better. The final outcome was successful after the intervention I had done. The most important emotion I had about this situation was confidence at the end of the intervention.</p>	<p>Step 5 Conclusion</p> <p>I could have made this situation better by checking my patient's pulse as well to make sure her oxygen saturation was fine. But I checked it after putting her nasal cannula. I have learned from this event that oxygen is very important for our bodies. Our bodies react instantly when we have no oxygen. This was a great experience to learn how to properly put a nasal cannula to a patient on our own. I asked my nurse to do this intervention first and she agreed to put it on her asap.</p>
<p>Step 3 Evaluation</p> <p>The good thing about this event was that my patient was able to breathe better, and her shortness of breath ended. All went well with the intervention I had done. I automatically helped her with her nasal cannula and put it on her. She was on one liter of oxygen. I contributed to helping my patient breathe better since her nasal cannula was stuck behind her pillow. She can barely move since she's weak and without my presence she would've felt that shortness of breath even longer.</p>	<p>Step 6 Action Plan</p> <p>I can apply this to other events to know what to do if my patient is short of breath. This has taught me to know what signs to look for in my patient and never assume. I will use this situation to further improve my own knowledge on what to look out for. This was a great experience in clinicals for me. I will always check my patient's oxygen saturation and never assume. I will always ask my patients how I can help them get better.</p>