



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>Step 1 Description 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"> • What happened? • When did it happen? • Where were you? • Who was involved? • What were you doing? • What role did you play? • What roles did others play? • What was the result? 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> • What can you apply to this situation from your previous knowledge, studies or research? • What recent evidence is in the literature surrounding this situation, if any? • Which theories or bodies of knowledge are relevant to the situation – and in what ways? • What broader issues arise from this event? • What sense can you make of the situation? • What was really going on? • Were other people's experiences similar or different in important ways? • What is the impact of different perspectives eg. personnel / patients / colleagues?
<p>Step 2 Feelings Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? • What were you thinking at the time? • How did the event make you feel? • What did the words or actions of others make you think? • How did this make you feel? • How did you feel about the final outcome? • What is the most important emotion or feeling you have about the incident? • Why is this the most important feeling? 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • How could you have made the situation better? • How could others have made the situation better? • What could you have done differently? • What have you learned from this event?
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • What was good about the event? • What was bad? • What was easy? • What was difficult? • What went well? • What did you do well? • What did others do well? • Did you expect a different outcome? If so, why? • What went wrong, or not as expected? Why? • How did you contribute? 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • What do you think overall about this situation? • What conclusions can you draw? How do you justify these? • With hindsight, would you do something differently next time and why? • How can you use the lessons learned from this event in future? • Can you apply these learnings to other events? • What has this taught you about professional practice about yourself? • How will you use this experience to further improve your practice in the future?

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> <ul style="list-style-type: none"> • <u>What happened?</u> -I attempted to do a blood draw on a patient and was unable to the 1st round • <u>When did it happen?</u> It happened at 1030 • <u>Where were you?</u> I was in a patient's room on South 6 • <u>Who was involved?</u> The patient, myself, student, and RN • <u>What were you doing?</u> I was performing the blood draw on the patient • <u>What role did you play?</u> Drawing the blood • <u>What roles did others play?</u> The RN was watching me and guiding me through the process and another student was watching <p><u>What was the result?</u> Unfortunately, was unable to get a successful blood draw the 1st round</p>	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> • <u>What can you apply to this situation from your previous knowledge, studies or research?</u> I can look for other possible successful sites before choosing the first one I spot • <u>What recent evidence is in the literature surrounding this situation, if any?</u> Yes, The world Health Organizations best guidelines include planning ahead and using an appropriate location • <u>Which theories or bodies of knowledge are relevant to the situation – and in what ways?</u> The WHO org. regarding tips on planning ahead and using an appropriate site • <u>What broader issues arise from this event?</u> Having to re-stick a patient more than once can cause pain for them and can harm the vein • <u>What sense can you make of the situation?</u> That it is a part of learning • <u>What was really going on?</u> I did not choose a successful site • <u>Were other people's experiences similar or different in important ways?</u> Other people's experiences were similar on how they had to learn to choose a good site on blood draws <p><u>What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?</u> That to just keep practicing and there are good tips online</p>
<p>Step 2 Feelings</p> <ul style="list-style-type: none"> • <u>How were you feeling at the beginning?</u> I was very excited to do a blood draw especially since I felt like I was able to find a great site to draw the blood from. • <u>What were you thinking at the time?</u> I was thinking that I was going to have a successful blood draw since I found a big vein • <u>How did the event make you feel?</u> I was a little disappointed that I was unable to because I thought I found a great site. • <u>What did the words or actions of others make you think?</u> The patient had stated that other previous nurses were having a hard time getting a successful blood draw • <u>How did this make you feel?</u> When the patient stated that, it made me feel better that I was not the only one • <u>How did you feel about the final outcome?</u> Much better because of what the patient stated but also because the RN was able to get a good blood draw • <u>What is the most important emotion or feeling you have about the incident?</u> A lesson learned that sometimes it is going to happen and to just try your best <p><u>Why is this the most important feeling?</u> Because overall it is part of the experience and that is how you learn</p>	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • <u>How could you have made the situation better?</u> I could have chosen a different site to draw blood than the first site that I thought was a good choice • <u>How could others have made the situation better?</u> Everyone did great and they made the situation better • <u>What could you have done differently?</u> I could have maybe tried a different vein than the one I chose <p><u>What have you learned from this event?</u> I learned that at times there can be unsuccessful 1st blood draws and that it is okay, just learn how I can do better and that it is going to happen</p>

Step 3 Evaluation

- What was good about the event? We were able to get a successful blood draw the 2nd time and I was able to learn
 - What was bad? Having to try a 2nd time to get a better blood draw
 - What was easy? The patient was very nice and understanding
 - What was difficult? Trying to get a successful blood draw the second time
 - What went well? The end result of finally getting a successful blood draw
 - What did you do well? Was able to learn from this experience
 - What did others do well? Everyone was supportive
 - Did you expect a different outcome? If so, why? I expected to get a successful blood draw the 1st round. Because I felt like I had found a big vein to draw it out from.
 - What went wrong, or not as expected? Why? I was unable to
- How did you contribute? I was able to prepare the patient

Step 6 Action Plan

- What do you think overall about this situation? That it was a good learning experience on what I can do next time
- What conclusions can you draw? How do you justify these? One conclusion is that it can happen to anyone and to just try better next time
- With hindsight, would you do something differently next time and why? I can look for other great spots to draw blood from and just to make sure that the site I choose will be the best place to get blood from
- How can you use the lessons learned from this event in future? I can learn to get more practice and get more confident in blood draws
- Can you apply these learnings to other events? Yes, to keep practicing that specific skill
- What has this taught you about professional practice? about yourself? It has taught me that to keep practicing to get better at the skill that way you can be successful

How will you use this experience to further improve your practice in the future?

For sure, to be confident and keep practicing so that some day you can teach others how to become successful