



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>I was at the outpatient clinic at Sunrise Canyon this week and it was a great experience! I was by myself with the nurses which was cool because I kind of got to be involved in a lot more than I usually am! The clinic was a little short staffed, but they still made me feel welcomed and not like a burden. This experience was a different one from most of my clinicals, but it was different in a good way. It was very fast paced and seemed really organized. The result overall was great, and I wish I could go back!</p>	<p>Step 4 Analysis</p> <p>I remember from past modules about how to properly administer medication through the deltoid. This came in handy today because I gave about 5 deltoid injections for the flu shot. Also, just simple communication was great to fall back on that I learned because talking to patients is a very big thing as a nurse. There were no issues today, which was great because I was nervous. I am very grateful for the information I learned in past modules.</p>
<p>Step 2 Feelings</p> <p>My feelings at the beginning of this clinical were the same feelings before every clinical. I was nervous especially for this one because I was by myself and did not have any classmates with me this time. I was thinking I was going to mess up something or get in the way. However, the day ended up going great! The actions of the nurses were helpful to me because they explained well and made sure to include me in what they were talking about. I felt good about the outcome and the most important feeling I had was confidence. I had this feeling because I felt accomplished at the end of the day.</p>	<p>Step 5 Conclusion</p> <p>I don't think I could have done anything to make the situation better. I also don't think anyone else could have either. The nurses and other staff were great and very friendly. This made today feel very comfortable and not nerve wrecking. I learned that it is ok to sometimes be nervous, but don't ever doubt your abilities because you know more than you think. This was a great experience, and I am so happy that I have opportunities like this to prepare me for the real world of nursing. The overall conclusion of this week was great, and I very much appreciated this.</p>
<p>Step 3 Evaluation</p> <p>The event overall was great! Nothing was bad and everything seem to go pretty smooth and easy. I got to give injections and I did that well! I did expect a different outcome, but the outcome that happened was 10 times better. I got to contribute by helping the nurses give injections. I also helped them little things, like cleaning the chairs and desk with disinfectant wipes. Nothing seem to go wrong other than they were a little short staffed, but they managed.</p>	<p>Step 6 Action Plan</p> <p>I think the situation was a great experience for me. The lessons learned from this situation were awesome because I can take my knowledge into the next modules. What this event taught me about professional practice was that to always keep calm especially during real life situations. I learned not to get overwhelmed because I am a student, and I am in school to learn and build on my knowledge as I progress through the modules. I feel that I am getting more and more prepared to become a real nurse one day.</p>