



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>

<p style="text-align: center;"><b><u>Step 1 Description:</u></b></p> <p>On Tuesday, my primary patient had very limited alertness and no orientation. During report that morning the night nurse let us know that he had gone hypoglycemic 2-3 times during the night and had to administer dextrose and bolus fluid. After a few hours she said that he was beginning to come more alert and started interacting with nurses and staff throughout the rest of the shift. When I did my daily assessment, he was able to follow through with simple commands, like grips and pushes, but wasn't very alert and wouldn't really "wake up" or open his eyes for me. I thought this was probably because he had a rough night and was just exhausted. Then it came time for medications, and he had woken up some, but still hadn't opened his eyes and wasn't really complying with taking meds or letting us hook up his IV, but we were able to administer and continued monitoring him. Between 10-11 we got an alert that his heart rate had shot up, his blood sugars were below 50, and his blood pressure bottomed out. We immediately did hypoglycemic protocol and administered dextrose and fluid bolus again until his level had improvement.</p>	<p style="text-align: center;"><b><u>Step 4 Analysis:</u></b></p> <p>From this situation I will no longer allow myself to think that exhaustion is a good enough reason for my patient not to open their eyes for me. I will use my knowledge that I have now from this event to help me moving forward into my career. I will also now be getting my own set of vitals on all my patients, not that I don't trust the techs, but so I have an absolute baseline for myself to go off of and compare to, to watch for any abnormalities.</p>
<p style="text-align: center;"><b><u>Step 2 Feelings:</u></b></p> <p>I was terrified when everything started happening. The night nurse told us that once he had become more alert and that he was having fun and singing with her, so to watch him go downhill so quickly had me very scared. After administering the dextrose and half bolus he started blinking for us and becoming more alert. For the rest of clinical that day he was continuously in and out of alertness but was maintaining the levels that the doctor was wanting to see in his condition.</p>	<p style="text-align: center;"><b><u>Step 5 Conclusion:</u></b></p> <p>LISTEN TO MY PATIENT EVEN WHEN THEY ARENT VERBALLY RESPONDING TO ME! I've known this, but still get caught up in the moment. I forgot that no response is a HUGE responsive in the medical field and needs further monitoring and evaluation to implement specific interventions for that patient.</p>
<p style="text-align: center;"><b><u>Step 3 Evaluation:</u></b></p> <p>Overall, though the incident was scary, but also it was a huge learning opportunity. I was able to observe the sign and symptoms of hypoglycemia right in front of me, so I can now differentiate them with others. It was difficult to watch my patient struggle though, the feeling of helplessness waiting for any signs of improvement is heart wrenching.</p>	<p style="text-align: center;"><b><u>Step 6 Action Plan:</u></b></p> <p>I will do better to recognize when I'm starting to write stuff off. I will start getting my own vital signs and cross checking X3 with medications or other environmental factors to be absolutely sure that it won't make the patients already bad situation worse.</p>