



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. personal / 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?

<p style="text-align: center;"><u>Step 1 Description:</u></p> <p>On Tuesday, when I was administering Lovenox my patient reacted to the “stick” of the needle after I had inserted it. My patient jumped and screamed, but since the needle had already been inserted, I thought that she was joking with me. She was not, the patient proceeded to explain that it hurt and felt like I stabbed her and put too much pressure behind the insertion. I remained composed, apologized, and explained that since the shot is given in the side it can hurt and be more sensitive than some other injection locations.</p>	<p style="text-align: center;"><u>Step 4 Analysis:</u></p> <p>Building on what I’ve said previously, about constructive criticism from nurses and patients, plus practicing my skills and asking for advice on how to go about giving certain injections I felt like all combined I was successful in administering the medication. From here out I will be more willing to ask for advice and help when needed and continue to take constructive criticism as a learning and practicing opportunity to help me better my skills.</p>
<p style="text-align: center;"><u>Step 2 Feelings:</u></p> <p>In the beginning I felt good about giving the injection. I had been practicing my body mechanics and steps on how to go about giving the shot, since I had gotten some constructive feedback from nurses and past patients that I was needing to go faster when inserting the needle into the skin, because I was going too slow. I held the correct placement on the body “Love Handles”, cleaned the site, and held the shot more like a dart so I would avoid pushing the plunger prematurely (another thing that I was taught), then inserted the needle quickly but not a “stabbing” amount of pressure. I felt discouraged at the end when I got the reaction, I did from them patient but felt reassured after instructors gave feedback that I had done the process correctly, and sometimes that patients reaction has nothing to do with me personally.</p>	<p style="text-align: center;"><u>Step 5 Conclusion:</u></p> <p>In conclusion, I need to not take negative patient responses or reactions to personally. Sometimes the patient/s just want to be heard, or haven’t been getting the attention that they are used to, so they feel the need to react in a certain way to be heard. After coming to this realization, I made it a point to check on this patient throughout the rest of the day and allow her to voice other concerns/feelings she was having about her care and her life in general.</p>
<p style="text-align: center;"><u>Step 3 Evaluation:</u></p> <p>From this situation I feel like I gained more confidence from getting affirmation from instructors that I was doing my medication administration correctly, and that me practicing the skill had been beneficial. Although, the patient’s reaction was scary, I’m glad that I now have the experience under my belt so that I will be prepared in the future if I get into similar situations with other patients that I may have.</p>	<p style="text-align: center;"><u>Step 6 Action Plan:</u></p> <p>I will continue to take constructive criticism as a learning opportunity and follow through with practicing my skills, until I feel the confidence to do those skills without any hesitation. I will also be better about reading patient situations and picking up on body language when the patient is feeling uncomfortable.</p>