



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?

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 style="text-align: center;"><u>Step 1 Description</u></p> <p>A fellow student and I were able to accompany one of my patients to hydrotherapy today. My patient has necrotizing fasciitis on the right thigh and has been hospitalized since thanksgiving. When we got hydrotherapy, the physicians came to assess the wound and cut off any dead tissue that they could. After assessing and cutting away tissue, the physician said our patients WBCs went down to 16 from 18, and that we were actually going to be able to do a wound vac instead of therapy, due to her progress.</p>	<p style="text-align: center;"><u>Step 4 Analysis</u></p> <p>Having the knowledge of the importance to dressing changes and sterile technique helped in understanding the application technique. Also, an understanding of the patient's feelings is HUGE in the healing process. The day before my patient and I had conversations about life, and she told me "It feels good to be seen by someone, and to have company from someone that cares about my feelings." Seeing my patient struggling with pain and reaching out and up, quite literally praying because of the extent reminded me of our conversation yesterday and I made sure once again that she felt seen and consoled during a time that was uncomfortable.</p>
<p style="text-align: center;"><u>Step 2 Feelings</u></p> <p>Going into hydrotherapy I was very interested in seeing the full extent of my patients wound. I was glad that we choose today to go because we got some hands-on training from the physicians and hydrotherapy technicians. Although I was stand offish when all the packing and dressings were removed, I was slowly able to handle the extend of the wound.</p>	<p style="text-align: center;"><u>Step 5 Conclusion</u></p> <p>In conclusion I'm very grateful that I got the learning opportunity. The hydrotherapy techs told us they were grateful for all our help and said we probably could've used more hands to help hold the patient skin back and reposition to apply the wound vac properly. I also feel that we could talk to a physician about getting stronger pain medication that can be given 15-30 minutes before dressing changes and replacements to help regulate her pain more effectively.</p>
<p style="text-align: center;"><u>Step 3 Evaluation</u></p> <p>Being able to see the wound vac application process was great, and I feel like I've gained a better understanding of the process. The hydrotherapy tech told us that the wound was probably the biggest we would see in our careers and was a great learning opportunity. While it was a great learning opportunity and interesting to me, the amount of pain my patient was in kept me constantly distracted. After seeing some of the process I turned my attention to my patient and offered my hand to hold through the cutting away of dead tissue all the way to the end of the wound vac application. My patient thanked me for consoling her and acknowledging her pain.</p>	<p style="text-align: center;"><u>Step 6 Action Plan</u></p> <p>I will use this learning experience and build on it into the future of my career. I will gain more understanding over the reasons/causes of all wounds. Also, just because I'm interested, I want to learn more about the different bacteria that cause the wounds and infections to become more severe and septic.</p>