



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 <i>eg. personal / patients / colleagues?</i>
<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?
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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 I received the chance to hang my first primary fluid, I was so excited and thrilled because I have always wanted to hang a primary bag, however, I never received the chance to do so until this clinical. My experience occurred the first day of clinical on the floor with my primary patient. I was in the room with my patient and my nurse. My nurse was involved with my experience she was amazing and helped me every step of the way and made me feel secure. I was going through the steps of setting the pump and gathering everything necessary to hang my primary bag and ensure my patients safety. Double checking the pump, right medication, right patient, right reason and more. I ensured there were no other solutions or drugs that would interact with the primary fluid. The role I played was ensuring my patient was going to be safe and my nurse's role was ensuring I was following protocol as well as our patient's safety. My results were positive, I hung the bag correctly and my patient started to receive the fluid she needed to help with her situation.</p>	<p>Step 4 Analysis With my previous knowledge I knew what a primary fluid was and to always check if there is going to be another fluid running with it and the compatibility between the two fluids. The evidence is the patient was experiencing severe nausea and vomiting; therefore, she was administered D50.225%NS20mEqKCl to provide nutrition and potassium replacement. Theories and knowledge are important in this aspect because if you do not know your patients' allergies, what medications they have been taking, the patients date of birth, and more you can kill your patient or severely harm the patient. There were no broader issues with situation but if there was possibly one it could be from interactions between two medications, or the patient could be allergic to the medication. If you walked into the room and your patient was experiencing severe hives and trouble breathing to a medication being infused into their vein, then you could sense and assume the patient is allergic to the medication and immediately stop the medication. There was nothing going on because the patient was receiving the fluids successfully. Everyone experienced a welcoming staff on the floor so therefore, I would say we all had the same experience. Different perspectives are important because you can always learn from someone else.</p>
<p>Step 2 Feelings The feeling of being nervous and being excited rush over my body. I was thinking, "I can do this, you learn with experience." The event made me feel positive about myself because it showed me even when I get nervous, I can break through it and complete my task. My nurse stated, "Good job," which is a short sentence, however, it made me extremely happy and boosted my self-confidence. I felt great about the outcome because I am the type of person that learns from experience; therefore, this situation will help me in the future. The most important feeling I felt during this time was being relieved. I kept my patient safe, that is always the number one goal when it comes to giving medication and overall, therefore, relief come over me when I successfully completed my task, kept my patient happy, and maintained their safety.</p>	<p>Step 5 Conclusion The situation was already a great experience I do not see how I could have made it any better, perhaps in the future I can think of something. Others could have made this situation better by perhaps witnessing it and maybe taking something away from my experience. I would not do anything differently because I loved how my situation played out with my amazing nurse. I already knew how to do a primary pump, however, I learned how to do it in a clinical setting. I learned that if you have an amazing nurse questions are always welcomed and the help is always there.</p>

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<p>Step 3 Evaluation The good thing about this event is I gained experience from being hands on. The only thing I would consider bad is the nervousness that overcame my body made me second guess my self and when that happens, I can go blank in situations. The task was easy after I regained my confidence, I could recall the knowledge I obtained. The only thing difficult was overcoming my doubt. After getting past that obstacle, I did well in setting up the pump and it went well making my patient feel comfortable in trusting me. My nurse did amazing in introducing me to our patients and in believing in me. I did not expect a different outcome because I knew if worse came to worse my nurse would help me out. Nothing went wrong in my situation because my nurse and I ensured our task would get completed appropriately and safely.</p>	<p>Step 6 Action Plan Overall, I enjoyed and love my experience on my floor and the great nurses. My conclusion is my nurses love to have students because they are very welcoming and never have a certain face that is unwelcoming. You can always be a better nurse so of course I would find something to be better at, perhaps being faster at taking my patients vital signs. In the future I will be more confident in setting a primary pump because I experienced it at clinical. I can always apply lessons learned in a clinical setting to other events, such as on an exam, in SIM, and more. This has showed me professional practice is always a great thing to have because it is a great learning hand on experience. I will use this experience in the future when I am setting primary pumps, perhaps next time I can prime the tubing and add to my experiences.</p>
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