

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</p> <p>A description of the incident, with relevant details. <u>Remember to 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' perspectives?
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<p>Step 2 Feelings</p> <p>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>Step 1 Description</p> <p>During clinical this week, I had the joy of caring for a patient admitted with acute psychosis and hyperglycemia. During my medication administration, he was very cooperative but timid on receiving an Enoxaparin shot. I maintained calm and assuring to him before administration. After it was completed, I could see the stress and tension release with his words following "You are made for this job". It felt amazing to control my anxiety and receive that positive feedback from this patient in front of my instructor.</p>	<p>Step 4 Analysis</p> <p>From previous knowledge, dealing with psychiatric patients is a different type of approach in order to deliver care efficiently. These patients require education, patience and empathy from a Nurse. As I could see the anxiety rising in my patient before the subcutaneous injection I knew I had to be an advocate and counselor at the same time for this patient. While being alone in the hospital with only a sitter as company can increase extreme anxiety and depression in a patient. This patient needed someone to talk to and ultimately receive compassion.</p>
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<p>Step 2 Feelings In the beginning, I felt a little nervous about performing medication pass in front of my instructor but that is normal as a student. Working with this patient, I knew his anxiety level and situation and my goal before going in this room was to make him feel as comfortable as possible. While maintaining confidence in my knowledge and practicing safety his feedback was very positive. In the final outcome, I felt proud of myself during this interaction and am realizing each situation is practice for the real life. It is important as a student to take opportunities offered as it is critical in continued learning.</p>	<p>Step 5 Conclusion From this event, I learned it is important to take your time with every patient interaction. A patient can feel the energy from a stressed Nurse and it does not sit well with me if a person does not feel safe under my care. Take the time to listen to these individuals, educate and give them love they may have never had the blessing of receiving. If I had to change something, it would be to prepare for medication questions before administration better.</p>
<p>Step 3 Evaluation As I evaluate my actions and look at this patient interaction I am overall satisfied with the final outcome. The patient remained safe and sound, my instructor provided positive feedback and I felt content while in the room. Something that always keeps me on the right tract, is the way my instructor teaches and quizzes us constantly throughout the day. I learn best hands on and my instructor is always offering opportunities to gain more knowledge.</p>	<p>Step 6 Action Plan In the future, I will continue to practice strong attributes of empathy, ownership and patience as I continue this journey. Not only in the clinical setting but into everyday life. Each day is an opportunity for growth and some of these individuals we take care of do not have that. It is important to treat each day as a blessing and to continue to practice compassion in my Nursing career.</p>