



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>My primary patient was a back and hip fracture Spanish speaking only pt. I was able to do a physical assessment on her in her native language and patient teach her a bit from knowledge I received from her physical therapist. I did the head to toe assessment on her both of the days I was at clinical this week. I was also able to help translate for her with other medical staff so they could understand her better. This involved the doctor, registered nurse and PT. The result was that she received better care because the language barrier was dropped.</p>	<p>Step 4 Analysis</p> <p>I applied my knowledge of physical assessments when doing hers. She had an abdominal brace on from a back fracture so I was able to assist her in putting it on and off to listen to lung and heart sounds. The patient was in a lot of pain and was scared to take off the back brace so I could get an accurate assessment on her so the nurse let me explain to her in her language how it was safe for me to take it off. I was also able to do some patient teaching from information I got from the physical therapist as well which I had never done.</p>
<p>Step 2 Feelings</p> <p>Don't move on to analyzing these yet, simply describe them.</p> <p>Doing a head to toe assessment is still a little nerve racking to do so when I had to use Spanish to help me do the assessment I felt anxious at first. It was trying to remember everything I had to assess while giving directions and making the pt feel more at ease speaking to her. The event made me feel relived and happy I was able to help her out and make her feel less anxious that she could explain to me her worries so I could tell the nurse. The nurse was grateful for that.</p>	<p>Step 5 Conclusion</p> <p>I could have made the situation better by assisting the patient more and being more attentive to her since she was in a lot of pain. She also knew very little about techniques to relieve back pain and exercises help heal it properly. The physical therapist had a hard time translating that at first and I feel like the patient did not listen or understand the PT because every time I went in the room she was doing things like sitting that were actually making the pain worse. I should had spent extra time patient teaching her more on the importance of standing up and doing ROM techniques.</p>
<p>Step 3 Evaluation</p> <p>What was good about the event was that the nurse related to me her emotions that I helped make her day easier and in-return gave the patient better nursing care. It went well for the most part. There were a few words that I did not know in Spanish that I had to describe to the pt so she understood what I meant but nothing major relating to health. I did well in getting my own information I needed from her for my own assessments. The nurse let me help her do a braden score in the computer for my primary patient which was pretty neat to assist with.</p>	<p>Step 6 Action Plan</p> <p>I think this situation taught me a lot about how I could be a better nurse by my own experiences and mistakes. The elderly patient was not knowledged enough on techniques she needed to be doing to fix her chronic pain and I did not do enough patient teaching before discharge to help her with that. Next time I will spend more time with patient educating and family educating. I also could have explained to her daughter in the room things the pt needed to be doing to aid in better care for her.</p>

