



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><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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><b>Step 1 Description</b></p> <p>During the first day of clinical, I was gravitated toward a cancer patient. I felt in my heart to pick this particular patient as my primary because of the s/s that this patient was showing outside of his body. Later did I find out, the patients labs were insanely out of the normal ranges. At first I did not know that the patient had a mass on his liver but at the time I was only aware that his liver was messed up.</p>	<p><b>Step 4 Analysis</b></p> <p>After the patients results from the previous day had come back, the patient then was told he had stage 4 liver cancer. Some of the s/s that the patient had included jaundice, n/v, fatigue, and grey stools. I knew that something was wrong with the liver due to the jaundice but when the patient stated he had grey stools meant something worse. A previous patient I had taken care of who had cancer was having grey stools just like my primary patient. This brought me to critically think and later find out in his chart that he had a mass that was cancerous.</p>
<p><b>Step 2 Feelings</b></p> <p>I felt bad for the patient when he was told the news of having stage 4 cancer because the man was in great health before this discovery. The patient was calm and collected and said he was “ ready to fight”. The fear in the patients eyes was heartbreaking because he was really trying to be strong for his family. When I took the patient down to get his tunneled central line put in, the patient opened up more to the news and started to cry. We prayed together and cried together.</p>	<p><b>Step 5 Conclusion</b></p> <p>On a personally level I have learned that your life can change from day to day and month to month. The man was in great health and went in for RUQ pain and turned out to be cancerous. On a medical level, I have learned to be that support system to the patient when they feel like they cant lean on anyone else.</p>
<p><b>Step 3 Evaluation</b></p> <p>I did not have a bad experience with this patient and I really enjoyed having him. He was so sweet and nice. It was a surprise that the patient was calm at first when receiving the news about his cancer. But its also understandable that it was big hard news and it probably took him a minute to digest the information and then later one process it. I feel like the patient will go through the grieving process and show signs of denial.</p>	<p><b>Step 6 Action Plan</b></p> <p>The s/s of the illness of the patient will help me later understand and define the issues in later patients. I have a better understanding of the edema process especially which is helpful to understand my patient's edema of his hands and feet. Overall this was a great experience emotionally and critical thinking wise.</p>

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