



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. 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</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>My patient was getting ready to be discharged and the Dr. had put in an order for his JP drain to be pulled. I was thinking to myself, alright I'm going to get to see a JP drain taken out, so when my nurse asked if I wanted to do it, I was excited. We gathered up all the supplies and my nurse walked me through the procedure. My patient was relieved to get it out and get to go home.</p>	<p>Step 4 Analysis</p> <p>Again, I am glad that I was able to pull out my patient's drain with a good nurse. I will be able to take this learning experience with me into the future and hopefully be able to one day teach it to someone else. Who knows, maybe a future student.</p>
<p>Step 2 Feelings</p> <p>I was excited when my nurse asked me if I wanted to pull the JP drain. When it came down to doing it, of course I was nervous because I was attempting something I had never done before and on a sweet little old man, I didn't want to hurt him. It turned out to be easy and I was happy when I got the drain out.</p>	<p>Step 5 Conclusion</p> <p>One thing I could have done differently is have more confidence in myself. It is hard to do that when you are attempting some thing new. In, conclusion though, I did learn a new nursing skill that I will be able to use in my future nursing career.</p>
<p>Step 3 Evaluation</p> <p>The best thing about pulling it out was that my patient was so happy he was going to be going home. He had been asking me all day. I am very thankful that I had a great nurse that took the time to teach me what to do. The procedure was easier than I expected it to be and pulling it out didn't feel the way I thought it would.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think the situation went great. I went in and accomplished my goal. In the future if I have to do it again, I will go in knowing that I got it and will have no fear. Every clinical I see myself and my classmates growing and building our future nursing skills. I am so proud of all of us!</p>