



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>I drew blood from a peripheral vein. It happened on the first day of clinical this week for my main pt who was 73. Me, the nurse and pt were in the room. My nurse told me to stick the pt and draw blood.</p>	<p>Step 4 Analysis</p> <p>We learned about how to do a proper blood draw in module 2 and went to phlebotomy clinics in module 3 which really did help me learn proper techniques. I had to feel the vein more than depend on my eyes.</p>
<p>Step 2 Feelings</p> <p>It was scary at first because sticking a patient for blood and finding the vein of an older lady with small veins can be hard. The lady had little veins and we had to use a 25 gauge needle. I got blood return the first stick. I did feel very happy.</p>	<p>Step 5 Conclusion</p> <p>I learned from this event that practice makes perfect and I'm very thankful to have a great nurse to be patience with me and congratulate me after doing the blood draw successfully. I was also grateful the patient let me do it, she was very calm and encouraging.</p>
<p>Step 3 Evaluation</p> <p>The good thing about this event was that I was able to stick the pt once and not multiple times. It went very well, she did not feel any pain and was more than willing to let me, the student, practice on her. It was a bit difficult with her veins because they were so tiny. I did z track method to help. She already had some swelling from previous attempts already on her arm which made me a little intimidated at first.</p>	<p>Step 6 Action Plan</p> <p>Simple skills like these help me prepare to be confident and a good nurse when I get out of nursing school. The only thing I would do differently next time is be more confident in myself.</p>

