



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 This week in clinicals, I got to take care of a ninety nine year old patient with rhabdomyolysis. This patient was in a bad situation before coming into the hospital about a month and a half ago, as she had fallen and been left on the floor for three days before anyone came to help her. Although this patient was nonverbal, she used a picture board to point out what she wanted and/or what she was feeling, and she was very sweet to me and the other nurses and students, even though she was going through a very difficult time.</p>	<p>Step 4 Analysis Seeing this patient and the state she was in really made me understand how important it is to be an advocate for your patient. Especially in this circumstance, where our patient was non-verbal and had dementia, it was very important for the nurses and students to advocate for her well-being by making sure she is safe and being take well taken care of after discharge, as well as doing frequent rounding on her. One thing I noticed about this patient when we went in this morning was how thirsty she was. After learning about fluids and electrolytes this past week in class, it was important for me to make sure to give her an adequate drink, as she could not necessarily always call us in her room or communicate to us if she was thirsty or hungry.</p>
<p>Step 2 Feelings During my time with this patient, my emotions were very heightened. At one point the patient began to cry and pointed at her picture board to the word "sad" and "I want to see my family. This made me very emotional because even though the patient was nonverbal, I could still feel her grief and her want for physical touch and emotional support. The two days I had this patient, no family came to see her or tried to contact her, which made me very sad and at times, angry for this patient, as it seemed like her home life may not have been the best situation. Even though I was filled with emotions, I contained them and gave this patient the best care she deserved.</p>	<p>Step 5 Conclusion In conclusion, I think taking care of this patient was an excellent learning experience for me, and showed me the importance of patient advocacy and being a support system/team for your patient. One thing I wish I could have done differently was spend more time in this patient's room. This lady really touched my heart, and I wish I could have spent more time with her to comfort her and be there for her, as she did not have family around at that time.</p>
<p>Step 3 Evaluation I feel that my time caring for this patient was a good experience overall, due to the caring and compassionate staff, and especially the nurse I was with. Although I did not spend as much time in the patient's room as I would have liked to, the time spent in there was meaningful and beneficial to the patient. One thing that I think went exceptionally well about the experience was how we cared for the patient's wounds, cleaned her up, and repositioned her every time we went into her room to ensure she was as comfortable as we could possibly get her.</p>	<p>Step 6 Action Plan Overall, hearing this patient's story, and learning about what she had been through really pulled on my heart strings. Seeing this patient really opened my eyes to what emotional tolls nurses go through on any given day, and how to handle them in an appropriate manner, while also being there and being an advocate for your patient. This experience will definitely follow me through my nursing career, as it really touched me. I am glad I got to experience this patient because even though she was not in the greatest situation or even emotional state when I first saw her, I feel that the care we provided made an impact and helped this patient, even if it was slight.</p>

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.

Step 1 Description	Step 4 Analysis
Step 2 Feelings	Step 5 Conclusion
Step 3 Evaluation	Step 6 Action Plan