



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, one of my patients had an open stomach wound with a wound vac attached. It was time for the patient's wound vac to get changed, so I got to go down to hydrotherapy for the first time and watch the nurses change the dressing and reapply the wound vac. When my partner and I arrived to hydrotherapy, we were greeted by two very friendly nurses who walked us through the entire process, and taught us about different tips, tricks, what to look for and how to document on the wound vac dressing change.</p>	<p>Step 4 Analysis Seeing how attentive and caring these nurses were towards the patient and how positively he responded, showed me how I want to perform in my future practice. I have seen in previous clinical days that when the nurse is less caring and empathetic towards the patient, oftentimes, more problems arise for both the nurse and the patient. By just taking a couple extra minutes to provide extra care to assure the patient's comfort, the nurses gained the patient's trust and he was more compliant and comfortable with letting the nurses perform their procedure thoroughly and letting us observe as well.</p>
<p>Step 2 Feelings Throughout the entire experience, I felt very eager and excited to learn about what they do in hydrotherapy and how they do it. I had never been down to hydrotherapy before, so I really enjoyed getting to go down and watch how those nurses performed their job. I felt very appreciative that the nurses that greeted us were so inviting and welcoming to us students, and that they walked us through the whole process, and answered any and all questions we had about the procedure.</p>	<p>Step 5 Conclusion In conclusion, I think this situation went very well and ran very smoothly. I was very pleased with the nursing staff we encountered today, and how thorough they were with not only the procedure, but teaching us as well. I really enjoyed getting to see how much they cared for our patient as well, and were constantly making sure he was comfortable and was informed of each step they were performing.</p>
<p>Step 3 Evaluation I feel that this experience was very beneficial to experience as a student, as it showed me yet another side of nursing that I had not gotten to experience yet. I felt that this experience was very positive, because not only did we have excellent nurses that were very informative, but our patient was very cooperative and willing to let us view the procedure and help when we could. One thing that I thought went exceptionally well about the procedure was how the nurses were very attentive to the patient's comfort and pain level. The nurses went out of their way to not only remove the old dressing in a way that was least painful to the patient, but they also shaved around his wound to prevent pain when removing the dressing next time. The patient was very appreciative of this, as previous nurses had not taken the time to do this and the removal of the dressing had ripped his hair, and was very painful.</p>	<p>Step 6 Action Plan Overall, getting to go down to hydrotherapy with my patient today gave me insight to a different field of nursing that I have not gotten to experience yet, that I actually really enjoyed. One thing that really impacted me today, and that I will use in my future as a nurse was the compassion these two nurses showed the patient. Taking the extra time to thoroughly explain the steps of the procedure to the patient and continuously ensuring his comfort definitely seemed to put the patient at ease and made the process run smoothly. Seeing the nurse to patient relationship today made me realize just how important it is to take the extra time to build a trusting relationship with your patient, and how it can positively impact your day. I will definitely refer back to this experience in the future as I care for patients of my own.</p>

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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