



*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>                  This week in clinicals, my primary patient had suffered from a stroke that left him paralyzed on his left side completely. My patient had been in the hospital since January, and has been awaiting placement to a skilled nursing facility, but was having trouble due to financial reasons. This patient was very limited and needed maximum assistance to fulfill almost all ADLs including bathing, and he had not received an actual shower since being admitted to the hospital. Although it took an entire team of five staff members, including two of us students, we were able to help this patient take a full shower and get cleaned up fully for the first time in months.</p>	<p><b>Step 4 Analysis</b>                  After seeing how grateful the patient was for our efforts in giving him a shower, it made me realize how even the smallest acts affect patients in the biggest ways. My patient was so appreciative and thanked us several times throughout the duration and after we had gotten him back into bed, and even began crying at one point. Being there to comfort him and act as a support team made me realize how important it is to be an advocate for your patients and that providing them with the highest level of care and empathy is extremely important as well.</p>
<p><b>Step 2 Feelings</b>                  Due to the patient’s inability to stand or move much of his body, I was quite nervous to attempt to get this patient out of bed and into the shower chair. It took multiple people, but we were able to accomplish the task, and it was very rewarding to see how appreciative the patient was towards us for taking the time and effort to care for him. I felt very appreciative towards the nurse I was with for helping and caring so much for the patient, and being the only nurse that was willing to do this for the patient throughout the duration of his stay. Completing this task made me feel fulfilled, as I was able to do something for the patient that he was so grateful for</p>	<p><b>Step 5 Conclusion</b>                  In conclusion, I think that this situation went very well, and actually much better than we expected it to turn out. Our nurse, although she was skeptical at first, encouraged us to all pitch in and help, and was adamant about getting the patient up, and we accomplished the task successfully. This experience showed me the importance of not only working with other nurses to perform tasks throughout the day, but the importance of working with all of the staff members to provide the best care for our patient, and that we are just as responsible for helping the patients perform basic ADLs as the CNAs are.</p>
<p><b>Step 3 Evaluation</b>                  This task was anything but easy or simple, as it took the strength of four of us to lift the patient out of the bed and onto the assistive device to move him into the shower, but working as a team made it go much smoother than any of us thought it would be. I think that the teamwork we portrayed during this situation was very beneficial to not only the patient, but to all of the staff members, as well as us students, to get the job done effectively. Not only did working as a team make this task much easier to accomplish, but our nurse, who was persistent and determined to give this patient a full shower, made the situation and outcome for this patient much more attainable. Had our nurse not been so persistent and willing to give this patient a shower, he may not have had one for the rest of his stay in the hospital.</p>	<p><b>Step 6 Action Plan</b>                  Overall, I think this situation was a very beneficial learning experience as it showed me the importance of being an advocate for your patient, and how an act that seems so small, can mean the world to your patient. I will forever remember this nurse, and strive to be like her as she was strong, caring, and showed compassion for each and every one of her patients. I will use this experience in the future to ensure I am performing the best care towards my patients, and making sure all of their needs are met throughout their stay on the floor I am working on.</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