



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 A description of the incident, with relevant details. <u>Remember to 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 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>I was on the oncology unit during preceptorship, finding myself in the exact scenario we had wrote about in our discussion post #2. I was the student nurse, following the nurse educator and my preceptor. The nurse educator explained the treatment of chemotherapy to the patient, during this the patient decided they did not want to go through with treatment anymore and instead be put on a DNR with no treatment.</p>	<p>Step 4 Analysis</p> <p>I can apply the wide array of discussion posts that were done by my classmates, the different posts by my classmates made me think differently about these type of situations. The broader issues arise from the ethical decisions these nurses, family, and doctors have to make. I could make sense that sometimes in healthcare, it is better to choose comfort rather than longevity. I believe oncology nurses experiences like this happen very frequently, in just my few clinical's on the unit, I have found that it has happened every other shift.</p>
<p>Step 2 Feelings</p> <p>At the beginning, I did not pay any mind to it. I thought in my head that it was just another person receiving chemotherapy, until it took a drastic turn. Even when the patient asked for there to be no treatment there was her family urging her to get the treatment, which they did not want to complete. It took me back in the med room when I truly thought about the situation, I just had to take a couple of deep breathes and continue on. The emotion I felt was hard to describe, it was definitely intense, I feel this is the most important feeling because I never want to be a "robot nurse".</p>	<p>Step 5 Conclusion</p> <p>I do not believe I could have made the situation better, we were taught in therapeutic communication that if you do not know what to say, silence is the best. I don't believe anyone could have made this situation any better, it was a decision done by the patient, patient advocacy is the greatest attribute int this situation and it was upheld by every part of the team. I have learned from this event that oncology is going to be a very emotional field to be in, but I am ready for it, and will do anything to make sure it happens.</p>
<p>Step 3 Evaluation</p> <p>The good about the event was I learned a lot, the patient got what they wanted and a better plan of care could be provided. The difficult was the emotions of the family members, seeing them in distress was sad and kinda blurred my train of thought. The easy was talking to the patient, exploring her life, I got to know so much in such little time. The nurse educator did a wonderful job at explaining, teaching, and comforting. I didn't get to contribute much but offering therapeutic communication was the biggest role.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think it was one of the greatest teaching moments in my young nursing career. I can apply these teaching to my next DNR decisions and therapeutic communication. This has taught me that I am very capable of performing on this unit and will be a very great asset. I will always use this experience to further my emotional health and therapeutic communication.</p>