



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.

**Step 1 Description**

A description of the incident, with relevant details. Remember to maintain patient confidentiality. 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

- 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?

**Step 4 Analysis**

- 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 (e.g. personnel / patients / colleagues)?

**Step 2 Feelings**

Don't move on to analyzing these yet, simply describe them.

- 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?

**Step 5 Conclusion**

- 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?

**Step 3 Evaluation**

- 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?

**Step 6 Action Plan**

- 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><b>Step 1 Description</b></p> <p>Today during shift, we had 3 patients that were inpatient and then we would be receiving an outpatient, patient who would be admitted for about 2 hours for chem treatment. One patient was there for surgery, so we had post and preop things to do. Today was a very busy day. Nothing really went wrong or unanticipated it was just one thing after another.</p>	<p><b>Step 4 Analysis</b></p> <p>During today's shift I was able to put together things taught in school. Being prepared, organized, and prioritizing would be the majority of the lessons for today.</p>
<p><b>Step 2 Feelings</b></p> <p>At the beginning I felt confident and eager. As the morning went on I began to feel somewhat overwhelmed, overworked, and sometimes confused. Although as the shift went on, I was able to adjust.</p>	<p><b>Step 5 Conclusion</b></p> <p>In conclusion I would say that experience would have been the only thing that could have made a difference today. Because of the experience that my nurse has, she did not struggle with priority, and making time everything, including our breaks and lunch also.</p>
<p><b>Step 3 Evaluation</b></p> <p>During this shift I realized how important it is to plan and prioritize the skills that need to be completed. This shift helped me realize that the first hour after report may be the most important regarding planning your day. Basically, today felt as if there was not enough time in each hour.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, today was a learning experience. I feel that I have grown a lot throughout my 9 shifts. I feel a lot of growth just from the beginning of this shift to the end of it. I will use my organizing skills for my future practice, I will continue to change, and add things along the way.</p>