



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>                  A description of the incident, with relevant details. Remember to <u>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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives on personal / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b>                  Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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> <ul style="list-style-type: none"> <li>• Patient came to the ED with decreased LOC that was noted by the nursing assistant at the long term facility care.</li> <li>• Patient was then diagnosed with Urosepsis.</li> <li>• My role is the Nurse and I had to administer medications to the patient.</li> <li>• The patient and I were the only involved.</li> <li>• The result was that the patient was experiencing Sepsis in the urinary tract that had spread systemically</li> <li>• Patient was then given an IV antibiotic. Levofloxacin.</li> <li>• The patient was experiencing pain and there was a need to do a pain assessment to decide the frequency, severity, quality, and if it is radiating</li> <li>• Before entering the room, I was given report and verified doctor's orders.</li> <li>• I also went over labs to make sure there was no abnormalities and to check if medications needed to be held due to a lab value either being high or low.</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• In this situation, I knew I had to make sure I wrote the parameters for each medication to watch out for when looking at labs.</li> <li>• The patient was on clopidogrel which help platelets not stick together. The patients PLT were very low and I had to make a decision to hold or give to the patient</li> <li>• I made the decision to Hold due to the lab ranges that they needed to be.</li> <li>• Urosepsis is the systemic spread of infection that originated in the urethra that could have started out as a UTI</li> <li>• In lecture, Sepsis patients present with a low blood pressure, high heart rate, and fatigue</li> <li>• With Sepsis, it is important to give antibiotics but first collecting a blood culture to figure out which antibiotic would be the best for this infection</li> <li>• If sepsis is not addressed immediately, it can lead to death</li> </ul>
<p><b>Step 2 Feelings</b></p> <ul style="list-style-type: none"> <li>• At the beginning I was feeling quite nervous about the situation. I wanted to make sure that I had everything I needed to succeed</li> <li>• At the time I wanted to creep around the patient and make sure everything is in place</li> <li>• I personally felt nervous the whole time due to time crunch of the simulation. I wanted to make sure I touched every critical element I needed to</li> <li>• The patient was LOC x2. They were not fully there but it was due to the infection.</li> <li>• I believe I could have done better to achieve a safe outcome for the patient however, I did let the nerves get to me</li> <li>• Thus putting the patient in danger.</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• I could have made the situation better by slowing down and taking a deep breath.</li> <li>• I could have fixed many outcomes if I had just slowed down.</li> <li>• I recall seeing the missed key elements but I was caught in my nerves</li> <li>• I would make sure the call light is always in reach of my patient and make sure the side rail is up.</li> <li>• I learned to always put patient safety first. I need to always check the fall bundle to prevent a fall.</li> <li>• Next time, I will also label my tubing to make sure that everything stays safe and to let others know the last time the tube was changed/ initiated</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• Something that was good about the event was the flow. I think I had a good flow when administering the meds while giving education and making sure the patient did not have any questions</li> <li>• Having the vitals and Assessments made it easy for me to look at the information presented and make a decision of what I wanted to do</li> <li>• Although the assessments and Vitals were done, it made me feel that I was forgetting something because I had gotten used to performing an assessment before meds.</li> <li>• I had forgotten to raise the side rail and have the call light next to my patient. This is a major safety hazard since the patient is a fall risk. I had noticed it however, it just went out through my other ear.</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• Overall, the situation is great! I think it was a really good learning experience to know what I can do as a nurse to improve my quality of care for a patient.</li> <li>• Somethings I would do differently is, again, take a deep breath and take my time with creeping around the patients room.</li> <li>• The call light always needs to be within patients reach for safety reasons.</li> <li>• I can most definitely apply this to more situations in the future. I always need to check for the siderails, call light, the fluids running, allergies, etc.</li> <li>• This scenario has taught me that I have everything I needed to know and to be confident in my decisions. Always think about the lab values and see the person as a whole.</li> <li>• The patient has different puzzle pieces and I need to be able to connect all of them to make the bigger picture and see the patient as a whole!</li> </ul>