



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. 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"> • 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 (e.g. personnel / 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>Patient was diagnosed with urosepsis. I took on the role of the primary nurse and was given the task to oversee the patient and safely administer their meds.</p>	<p>Step 4 Analysis</p> <p>We were taught that we need to be sure to pay attention to our patients. Whether it be labs or their overall safety in the room, we need to be vigilant of all the things going on with our patient. When giving meds we really have to pay attention to the patients labs because the med they are receiving could have protocols. That is where our critical thinking and planning comes in.</p>
<p>Step 2 Feelings</p> <p>Going into the scenario I was feeling nervous. I also was feeling a bit cautious which I believe is the most important feeling. You need to be cautious when taking care of any patient because there can be a multitude of outcomes so you have to be ready for anything.</p>	<p>Step 5 Conclusion</p> <p>One thing I could've done better was to trust myself. In these types of situations it does take some time getting used to but with practice, the right judgments and the confidence will only get better.</p>
<p>Step 3 Evaluation</p> <p>I feel like the scenario went well. It is important to be put into a role that requires us to think and put into action the skills we have learned. It really helps in showing us that we need to be calm but to be able to multitask.</p>	<p>Step 6 Action Plan</p> <p>The overall experience was a good one. CPE really puts the skills we learn to the test. It will only make us better nurses in the long run. Practice is one of the most beneficial things we can do as student nurses. Our skills will get better with time. We learn so many new things that it is important we go through all of them to only reinforce them more.</p>