



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 eg. 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 Today, March 23, 2023, I was able to attend a clinical on the Labor and Delivery floor at Covenant Women and Children's Hospital. I was able to observe and/or assist a variety of positions from nurse to physician. I was able to watch a cesarean delivery of twins with a tubal ligation and a vaginal delivery.</p>	<p>Step 4 Analysis I think this experience really solidified everything we learned about in our first week of OB. It was so cool to see practical applications of the theories about birth and a lot of concepts were solidified once I observed them in real life. For example, I got to see women in different stages of labor and what their temperament was like, and it matched up with the stages we learned in class.</p>
<p>Step 2 Feelings I honestly didn't think I was going to get to see a whole lot today, but I was very happy to observe a cesarean procedure in the OR shortly after stepping on the floor. I was very excited, intrigued, and ready to learn. I loved the teamwork that I saw throughout the day, and it taught me important lessons about supporting those I am working with. I was also very lucky to get to watch a vaginal delivery. I loved how peaceful it was in the room and how relaxed the staff was during the whole process.</p>	<p>Step 5 Conclusion What I have learned from this experience is that sometimes observation is the best way to learn. Being taught something in a lecture is a completely different experience than witnessing it in real life and I really appreciate that we have the opportunity to gain hands on experience.</p>
<p>Step 3 Evaluation I thought pretty much everything was good about this experience. Once again, everyone worked well together, and communication seemed very open. The only thing I disliked was the amount of downtime I had. It felt like I was either running around like crazy or I was just sitting with nothing to do. I don't feel like I contributed much due to the nature of the cases, but I did learn so much about how the whole process of labor works including how it varies with complications.</p>	<p>Step 6 Action Plan Overall, I had an amazing experience today. I love the complexity and quick pace of labor and delivery and admire how knowledgeable the staff was. I saw each nurse make an effort to make their patients feel safe, cared for, and comfortable and I hope to implement that in my own practice.</p>