

Student Name:



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?

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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 in a simulation for clinical care of psychiatric patients. We ran through multiple scenarios, disorders, and approaches in providing proper mental health care top patients suffering from psychiatric afflictions. We rotated different roles and had the opportunity to experience the perspective of the nurse, patient, and observer.</p>	<p>Step 4 Analysis</p> <p>After experiencing this simulation and learning about the methodology of each disorder, I was disheartened to realize how much stigma society has towards mental disorders. Furthermore, I was disappointed about how many false concepts I myself carried, especially in relating to patient care. I think it was important for us to really discuss how these patients need just as much care and patience, if not even more understanding.</p>
<p>Step 2 Feelings</p> <p>I was very nervous at first because I have had limited experience in caring for psychiatric patients. Even in a simulation I often did not know how to express proper care or go about the best method of assuaging fears of a patient experiencing. In the end I felt much better about the experience, especially after incorporating the “I see you” method.</p>	<p>Step 5 Conclusion</p> <p>I could have definitely been more proactive in understanding the patient and meeting them wherever they were at. I often found myself distanced from the patient, standing over them as an authority. I did not realize that this very instance is why patients often fear the aggressive of the very people that claim to be taking care of them. I now know how much each of these patients deserves the time and devotion for quality care, and how a little understanding can go a long way for their care.</p>
<p>Step 3 Evaluation</p> <p>The simulation itself went very well, I enjoyed the different perspectives and getting to try different approaches to various disorders. It gave me insight onto how to approach patients struggling with psychiatric needs. I felt for the most part we were able to adapt well to each scenario, and though there were times were we struggled to communicate, we were able to get through each scenario successfully.</p>	<p>Step 6 Action Plan</p> <p>I know going forward that I need to constantly keep my biases in check, and my patience in front when dealing with those struggling in the psychiatric realm. Understanding their afflictions in more detail and how much fear a person can really live in when no one take the time to really offer them sincere care is disappointing, and so sad to hear about it prevalence in the modern day health care world. I will continue to carry this lesson as I strive to be the best possible nurse I can be.</p>