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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?

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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><b>Step 1 Description</b></p> <p>On Tuesday May 4<sup>th</sup> I was assigned to the Sunrise Canyon Outpatient Clinic. I observed the nurses as they worked. I able to get a general idea of their workflow and how they interacted with other healthcare workers. Doctors, nurse techs, nurse practitioners, and lab techs are a few other disciplinary roles I was able to observe. In general, the clients that come to the outpatient clinic are there for IM injections and lab draws like blood and urine tests.</p>	<p><b>Step 4 Analysis</b></p> <p>As I mentioned before, the outpatient clinic is very different from the hospitals or inpatient sites. Patients in the hospital generally stay for longer as nurses may give multiple medications at a time to a few different patients. However, in the outpatient clinic, patients are seen once in a while to receive their routine medications. Patients schedule an appointment in the outpatient clinic for routine procedures they aren't able to do themselves.</p>
<p><b>Step 2 Feelings</b></p> <p>As I observed the nurses at the outpatient clinic, I began to understand their general workflow. One of the nurses told me that the interesting things happen at the inpatient clinic. I began to think about how different it was to a hospital. It was not as intense as the inpatient setting I am used to. Although it was a place I have never been to, as time went on, I felt a general sense of reassurance now that I know what to expect.</p>	<p><b>Step 5 Conclusion</b></p> <p>In conclusion, this was a good learning experience. I was able to witness nurses work in an outpatient setting. I was able to learn more about how various members of the interprofessional team communicate with each other to reach a common goal. I was able to observe a few procedures that must be done by a medical professional. Although I wish I was able to administer an Invega injection after learning about it in the sim center.</p>
<p><b>Step 3 Evaluation</b></p> <p>It was good to go to a place new to me and take the role as observer. I felt like I learned a lot just from being attentive. It did not seem as though anyone was overwhelmed with tasks or falling behind. Each member of the healthcare team had specific roles and tasks and they helped each other very well with the system they had in place. Even when there were a few incidents where patients were irritable and raised their voices, the healthcare team was able to neutralize the situation without any serious repercussions.</p>	<p><b>Step 6 Action Plan</b></p> <p>The main thing I would apply to my practice in the future is the use of proper communication and the distribution of roles. Nursing delegation is not something I think about often but I have seen it in action and saves everyone time if done well. I also feel a bit more confident about the administration of Invega and how important it is for clients to return for their monthly doses. Overall, my time in the outpatient clinic has provided me with a new perspective on nursing as a whole and how versatile this profession actually is.</p>