



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></p> <p>At the outpatient clinic, I assisted with getting patient’s vitals as well as lab draws and injections of first and second generation medications. I helped with medication administration throughout the day, and started to get labs after lunch when the doctor put the orders in. I was at the outpatient clinic at Sunrise Canyon. I was able to follow many different nurses to see the different roles that each one played. There was a completely different experience with each patient because of how individualized their symptoms were, so I got to see a variety of therapeutic communication from the nurses.</p>	<p><b>Step 4 Analysis</b></p> <p>We have learned about all the medications that were given at the clinic. So, it was helpful to know the reason why they were getting the medications and the side effects or any additional information. The environment was also very calm and non-stimulating in the outpatient part of the clinic. We have learned about milieu and why it is important and effective in our studies throughout this module. We have also contributed a lot of the module to learning therapeutic communication, which was applied by the staff many times today, proving that it is very important in the care of the patients.</p>
<p><b>Step 2 Feelings</b></p> <p>I was very anxious at first because I had not taken care of any patients with schizophrenia before. I felt excited to experience something different than what I was used to. The other nurses were very calm, even when some of the patients had outbursts. This made me feel calm as well. Watching the nurses communicate well and therapeutically with the patients made me realize how important it is as a nurse to be able to do this effectively.</p>	<p><b>Step 5 Conclusion</b></p> <p>I could have applied myself to each situation from the start instead of letting myself get nervous. I was able to apply my learning and participate within seeing a few patients. However, I should not let new situations scare me and keep me from being an active participant from the start. I have learned that most nurses are nice to students, so there is no need to be nervous. I have also learned more about how to communicate with patients, which is always a skill I am happy to work on.</p>
<p><b>Step 3 Evaluation</b></p> <p>It was good to be able to witness many patients with mental illnesses because I have not seen much of that in the hospital setting. It was easy to draw labs because I have done that many times. However, it was sometimes hard to get vital signs because many of the patients did not want to stand still. I think I did well asking questions to my nurses and assisting them as best as I could. I was not expecting the day to be as slow as it was, as we had a lot of down time.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, I had a good time working at the clinic, and I feel like I learned a lot. I could see myself working at Sunrise Canyon if I ever decided to work at a clinic. Next time I come to a clinic I will jump right in instead of being timid. Most nurses are eager to teach. I never thought I wanted to work in PMH. However, these past few clinical experiences have made me want to explore the career further.</p>

