



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?

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>During this interaction, I was acting as the nurse, taking care of a patient who just came from the emergency room. The interaction took place at 0800, shortly after I received report from the night nurse. I reviewed his chart and went into the room to gather more data from the patient. The result was that my patient has urosepsis. I gave the medications needed, and withheld the ones I believed he didn't need based on lab results and vital signs.</p>	<p>Step 4 Analysis</p> <p>Everything I have learned in nursing school was applied during this scenario. From hand hygiene, all the way down to how to set an IV pump. Almost every skill I have learned, was used in some shape or form during my time with my patient. We learned about the signs and symptoms of urosepsis in lecture, and almost every symptom my patient had, lined up with what we had learned on the topic. I believe other people's experiences were different, and that's okay because by learning how other people view things, you can get a broader outlook on the situation and maybe take away a thing or two from it.</p>
<p>Step 2 Feelings</p> <p>I was very confident going into the patients' room because his signs and symptoms were very clear of his diagnosis. I was also familiar with the patients' medications, so I felt confident in withholding a couple of them due to his labs and vital signs. I was nervous I was going to forget how to set up the IV pump because I felt like I was under pressure. The IV pump is definitely not something you want to mess up because the medication ordered to be ran through the pump was crucial to his treatment. Once I was finished, I felt confident in myself and knew I had done everything correctly. I contributed by performing the 7 rights, fall bundle, hygiene, etc.</p>	<p>Step 5 Conclusion</p> <p>I could have made the situation better by talking with the patient more. Even though I did all my teachings, sometimes people are scared when they are in the hospital and would just like someone to talk to them to calm their nerves. In a real-life scenario, I would make sure to talk more to my patient. I did learn a lot from this interaction.</p>
<p>Step 3 Evaluation</p> <p>It was great knowing I knew how to do everything once I entered the patients' room, because sometimes people freeze when they feel like they're under pressure. The only bad part was I feel like I might've rushed the interaction. In real life, you want to be more personable with the patient. I think everything went well the entire time. I don't think there was anything that could've gone different in the scenario, except communicating with the patient a little more. I definitely expected myself to forget some steps, but once I was in the room, everything I had learned was shown through my actions.</p>	<p>Step 6 Action Plan</p> <p>I thought this was a very good learning experience. The only thing I would do different next time is trying to connect with my patient more. I can use this as a learning guide for when I am in clinicals next module. I can apply this learning to clinical, and to my profession when I graduate and become a nurse. I will use this scenario to improve my actions in the future by reflecting back on what I could've done better to make sure my next patient gets the complete care they need.</p>