



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><b>Step 1 Description</b> The patient was admitted with urosepsis along with a history of hypertension and a CVA 3 months ago. I was the nurse for the patient who had just been admitted to my floor and needed to decide on what medications needed to be given regarding the values of the vital signs, subjective data and labs given to me.</p>	<p><b>Step 4 Analysis</b> What I applied to this situation was everything I learned or saw during clinical and also the knowledge I had of the medications provided and what to look for if we were to be giving the medication.</p>
<p><b>Step 2 Feelings</b> In the beginning I was very anxious about the situation changing a bit once we got there and not having enough time to figure out what was needing to be done, but I realized its something we do every day at clinical and it helped calm me down a bit. I was still very anxious going into the room because I did not want to forget anything or say the wrong thing to the patient.</p>	<p><b>Step 5 Conclusion</b> I think had I not been as anxious and more confident the situation would have gone a little smoother. I was very worried about missing something small and not so focused on the larger things, and even though I passed, I still feel that I could have done a lot better with more confidence. I have learned that I do know the information and what to do I just get in my head a lot which is something that needs work.</p>
<p><b>Step 3 Evaluation</b> I do feel that I was prepared for CPE with how our clinicals go and also passing meds with our instructor and will now say that I had nothing to be anxious about. I feel that the overall situation went pretty good and it wasn't difficult at all like I thought it would be.</p>	<p><b>Step 6 Action Plan</b> I think that this kind of helped all of us see a little bit into how nursing is and how things can change on us. I feel it helps prepare us for when we finally graduate and go off on our own</p>