



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 on personal / 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?

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 I was scheduled to have my clinical in the ED. My assigned nurses name was lichelle. We had one psych patient and another had come in shortly after. There were a number of key players involved in the care for these patients. Including doctors, aides, nurses, and sitters. I was assigned to follow my nurse and watch interactions with everyone. I was also able to help, whether that be passing meds or grabbing the patient a warm blanket. The results were just making the patient was as comfortable as possible.</p>	<p>Step 4 Analy It was really interesting to see the different diagnosis within the healthcare setting. I saw things from MS to schizophrenia to bi polar to alcohol withdrawal to suicidal ideation. It was interesting to see how the way we communicate with these patients truly effects the outcome of how the patient will feel and or perceive care. I believe communication is the biggest thing that I saw and was aware of on this day. It truly matters. Down from your nurses to your doctors. Everyone always has different perspectives but truly the only thing that matters is how your patient is cared for and if that is the best care for them.</p>
<p>Step 2 Feelings In the beginning of my rotation I was feeling just a bit curious. I wasn't scared and I wasn't nervous. I truly just wanted to be a team player and help the best I could. Both my patient and nurse. Initially I was told that patient had been irate. However by the time I got there my patient had already calmed down and just wanted to go home. Everyone was really helpful when it came to the patient. There were da few instance when I thought some people could have been kinder. But I also understand that people are short staffed right now and it can be hard to care for every aspect of your patient no matter how hard you are trying. The most important feeling I think had was being curious because I think it helped me want to learn and made me not afraid to do things regarding patient care.</p>	<p>Step 5 Conclusion I don't think there is anything I would have don't differently. I feel as though I have definitely progressed throughout my time in this module. It felt nice to come in to a clinical and actually feel as though I could be of some help. That is the biggest thing that I am taking away from this experience. I feel like I belong and that I will do what I can to help my team so that my patients are comfortable in any way they feel they need to be.</p>
<p>Step 3 Evaluation I don't think there was truly anything bad about this event. I think everyone did the best they could. It was amazing to see everyone work as a team. I think the best thing that I did in this situation was to also be a team player. I contributed by being there for my patients and my nurse in whatever they needed me for. I held a scared patients hand, I grabbed vitals for my nurse. Even the little things make me feel like at least I helped in some way.</p>	<p>Step 6 Action Plan Overall I feel like this situation is helping me learn and get a better understanding of where I want to be within the hospital. I haven't found a place where I truly feel like I belong. I have just been floating along hoping that it would come to me. I really enjoyed my time in the ED and I really enjoyed my time with those patients. In the future I will be able to apply the things I learned while on this floor to better serve my patients and people I work with. I really saw how important it is to work as a team to come together as a whole for your patients.</p>