



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>                  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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives on personal / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b>                  Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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> I was very fortunate on the day I went to L&amp;D. There was a lot happening around me. I was excited that I got to witness a cesarean delivery as well as a vaginal delivery. I was also very grateful that I had classmates willing to share experiences.</p>	<p><b>Step 4 Analysis</b> Learning in class and doing sim definitely helps before coming into these situations. It's great to see that what we learn is what we will see out on the floor.</p>
<p><b>Step 2 Feelings</b> In the beginning I didn't think I would get to see much of anything. I was anticipating a slow day. While I didn't expect much I was hopeful. I have 2 kids of my own and was excited to be on the other end. Also, if I could help in any way possible, I wanted to. I just wanted to be a good part of someone's experience. I had amazing nurses while I was laboring and I really just want to give that to other mothers.</p>	<p><b>Step 5 Conclusion</b> I don't thin there is anything I could have done to make this situation better. I think everything we really well. My classmates and I work really well together as team. We all kind of helped each other be involved in helping in someway.</p>
<p><b>Step 3 Evaluation</b> This entire experience was nothing but good. If I had to choose one negative thing, it would just be that I couldn't be everywhere at once. I think what I did well was just helping anyone I could where I could. Whether that was my nurse or the physician or a classmate. I didn't know what to expect going into this, but I was really happy that I got to see and be a part of as much as I did.</p>	<p><b>Step 6 Action Plan</b> Overall I really enjoyed being on this floor and helping where I could. I noticed that I as a lot more helpful on this floor than I have been anywhere else. I think this is just because from my own past experiences, it made me want to be a little more involved. I can kind of feel what some of these moms are going through. I was able to recognize things on this floor and act and it just made me feel like maybe this is home for me.</p>