



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>I was given a scenario where I was to be the primary nurse for a patient, Mr. Dunn. I was able to have access to his charts and use my clinical nursing judgement to decide what medications he had ordered to administer to him or hold. I was in the SIM lab with two other instructors where I was to go through the whole scenario following all universal competencies and being able to apply them.</p>	<p>Step 4 Analysis</p> <p>I will use this situation to really understand how detrimental universal competencies are when it comes to caring for a patient and being safe. We learned all about them last module, but this module we are starting to have more expectations of us as we take on more responsibilities in the hospital. Most of my peers ran into the same issues with not following the universal competencies as we should. Although I disliked that one small mistake docked my grade down so much, I do understand why it is important to keep and maintain sepsis as I did not in my situation.</p>
<p>Step 2 Feelings</p> <p>I was nervous at the beginning as it is easy to get in your head and second guess your ability to be able to properly perform the scenario. I was given a few kind words before I began my scenario that helped calm my nerves. I knew what I could do but making sure I do all the steps correct and not forgetting anything was my biggest insecurity at the time. The most important feeling I had prior to starting the scenario was anxiety. It was because of the anticipation, I knew what all I needed to do and what was expected, but when you have eyes on you in that situation it seems as if it is easier to get tripped up about certain things.</p>	<p>Step 5 Conclusion</p> <p>Although my scenario was not done perfectly, overall I feel confident that I did it to my best ability. The only thing I would personally change is maybe double checking the universal competencies and making sure I fully understand the importance of them and how easy it can be to miss one or overlook it.</p>
<p>Step 3 Evaluation</p> <p>Overall I felt like I did pretty well in the scenario. The one thing I messed up on was my asepsis. I did not change my gloves when I assessed the feet for fall socks and then went back up to IV site. I definitely got worked up about the scenario prior to seeing it all on paper in front of me with the doctors orders. Everything made sense as to what I did and how I approached the situation, I felt like I prioritized things in the order which I felt was most important. Although I felt confident in the situation, what I did mess up on in turn caused me to have to come back at a later time and redo my universal competencies. It did make me feel down on myself a bit because I knew better, but at the time it was something that went right over my head.</p>	<p>Step 6 Action Plan</p> <p>I enjoyed the scenario. I was very nervous before I knew what to expect. Once everything was in front of me I started to feel better about it. It feels good to know that I am starting to become more confident in my abilities and being able to apply my knowledge into scenarios.</p>