



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 (e.g. personnel / 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</p> <p>I was given a scenario with patient information and was tasked with administering medication while adhering to the competencies set forth. I was given the role of the nurse tasked with reviewing and using clinical judgment in order to proceed with the care of the assigned patient.</p>	<p>Step 4 Analysis</p> <p>I had gone into the scenario thinking I could control the outcome, instead my anxiety took over me and made me oblivious to basic principles. I realize I needed to pace myself and go in with a clear mind while always keeping the patient as my main priority.</p>
<p>Step 2 Feelings</p> <p>At the beginning, I was calm and serene, it wasn't up until I was called into the room that I then began to get anxious. At the time I was going over the patients rights, the universal competencies and the order in which I was going to begin my tasks. Once I was done and asked to step out of the room, I automatically suspected I had failed because I thought I had missed one of the 4 P's, instead I had forgot to scrub the hub, something I had written out on my plan of action.</p>	<p>Step 5 Conclusion</p> <p>I have learned to stop and analyze what is right in front of me and make certain that I am following all protocols to ensure a satisfactory patient outcome. I let others fears become my own and focused on the wrong things.</p>
<p>Step 3 Evaluation</p> <p>After this event I realized I was too focused on medication that I had forgotten one of the most basic principles, and that was infection prevention. I could administer medication, give teachings, and ensure safety, but I forgot to do a simple task that should be done everytime.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think the scenario taught me to believe in myself and my capabilities. By overthinking it, I caused myself to panic and looked over such a simple task. For future experiences such as this one, I plan to take my time and always practice my universal competencies in every situation possible.</p>