

Student Name:



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?

Student Name: Shantavia Turner

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>While I was precepting at Grace Surgical Hospital on Friday of last week, I had a patient that had surgery on her back, and she was having really bad back pain from it. My preceptor and I was trying to stay on top of her pain no matter the circumstance. We gave Norco q 4 hrs, and administered morphine q 12hrs. When I first did her assessment, her pain was at a 8.</p>	<p>Step 4 Analysis</p> <p>So my problems were that I wanted to stay on top of her pain, but how was I going to communicate with my patient about letting me know if she needed more pain meds or if she's doing better? I learned that I will need a interpreter to help me build a better rapport and connection with my patient.</p>
<p>Step 2 Feelings</p> <p>At the beginning, I felt a little defeated because my patient was Spanish speaking, I didn't know how talk to her to see how she was feeling. I was thinking that maybe I could just use my clinical judgement, and whenever it was time for meds to just go ahead and give it to her.</p>	<p>Step 5 Conclusion</p> <p>How I could had made the situation better was by asking the charge nurse for a professional interpreter that was in the hospital. I feel like that was the missing link for me to build a better rapport with my patient. What I am going to do differently, once in report if I see "spanish-speaking" or any other type of language that I don't speak, I am going to ask how are they communicating or if they have a interpreter on standby.</p>
<p>Step 3 Evaluation</p> <p>What was good about the event was that I learned to use different techniques and body language for her to show me whenever she was good, and wasn't good. Soon after lunch, her daughter came and she speak both English and Spanish. She made a lot of effort to help us out as well.</p>	<p>Step 6 Action Plan</p> <p>That day at clinicals was a learning experience for me, because now I seen the different language barriers that comes with some patients, BUT I have to learn how to navigate through that so my patients will be able to receive top quality care from myself and my team that is taking care of them.</p>