

Student Name: Jonathan Paredes



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 (e.g. personnel / 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>

Student Name: Jonathan Paredes

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>Towards the end of this preceptorship, my preceptor said verbatim, "you've got this". She let me do a majority of the nursing role and I acted as the TPC nurse for 3-5 pt's at once. At first it was a little overwhelming, but once I gained a certain amount of confidence, I was able to adequately take care of all of my patients safely and in a timely fashion. My preceptor was there every step of the way, and advocated for herself and me on multiple occasions. I am extremely grateful that I got her to tutor/teach me her ways of nursing. I was moved by the impact that we had on all of our surgical patients. Our floor manager came by and gave me 4-5 patient notes that they had written in gratitude towards Mica and I's care for them. It was very special to me and I will keep them forever.</p>	<p>Step 4 Analysis</p> <p>As a previous CST – Certified Surgical Technologist, I had attained the surgical knowledge from being a part of the procedures for so long. There were a few questions that patients had, as far as the procedure went, that I had a direct answer for, from being in the OR for 5+ years. I hope to bring that type of information to my patients in the future so that they might feel comforted knowing that the staff have full knowledge of what had happened to them and how it would affect their care. I will be in the surgical ICU, so I understand that the patient as well as the family are going to have a ton of questions to ask. So I want to be well versed in these procedures so that I may answer their questions with professionalism and dignity knowing that I'm giving them accurate info.</p>
<p>Step 2 Feelings</p> <p>As mentioned earlier, as I started this second half of the preceptorship, I felt a little nervous about the patient load that I was getting. I was worried that I couldn't get to all my patients in the time frame that they needed me. I was slightly overwhelmed. But with the encouraging words of my preceptor, I was able to trust in my capabilities and function efficiently in a timely manner. She told me to trust in my skills, and I took that to heart, and persevered. I think that this moment was vital for my nursing career. It was the first time in the whole program where I felt that this job was actually "do-able". I always thought that this job would be too overwhelming, but after a few shifts, I figured that it is totally do-able and that I was capable of doing it well.</p>	<p>Step 5 Conclusion</p> <p>From being at Grace, I realized that I could have done more research on the Epic charting system. In my opinion, we don't get introduced to charting very much throughout the program, so when the nurses give you the reigns, it's very shocking. I ended up getting used to it at the end of the preceptorship, but I wished I was a little more prepared for that. Also, my pharmacology knowledge needs work. I noticed that I had to research a lot of the meds that I was giving during med pass, so that I could give the pt the right information when teaching - prior to administration.</p>
<p>Step 3 Evaluation</p> <p>I really enjoyed the patient interaction that I had with the patient demographic that went into Grace. At some points we got to be their 1)pre-op nurse, and 2) their Post-op floor nurse. I was able to care for them emotionally as they were getting mentally ready for surgery. It was a blessing getting to take care of them and pray for them prior to going to surgery. It was also special getting to see their faces light up when they came back to the floor, and them realizing that we would be taking care of them on the floor as well. These were some of the most special patients to me as I grew a deep connection to not only them, but their families as well. It's such a small world out there, that ¾'s of my pts knew my wife's family here from Lubbock. Needless to say, my time at Grace was extremely special to me and I will keep the memories that I made there for the rest of my nursing career.</p>	<p>Step 6 Action Plan</p> <p>I think that overall my experience at Grace was amazing. My overall confidence as a nurse grew exponentially. I went in to this experience being skeptical, but I have learned more than I had ever imagined. My confidence with communicating to Dr.'s and staff alike has sky rocketed. By following my preceptors lead, I think I will have an advantageous lead in patient care. Mica was a phenomenal teacher that showed love and compassion to her patients and it directly affected their outcome. It was amazing to see, and I cannot wait to replicate that type of care to my future practice. I owe a lot to the whole Grace facility. This summer I was a nurse tech there and I was in the OR, thinking that I was going to land there. But the Lord had other plans for me and lead me to be at the bed side. All this lessons where taught to me at Grace and I am forever grateful.</p>