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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>

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*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></p> <p>Today, 11/26/23, I experienced my first rapid response on a patient with brainstem dysfunction. I was the recorder and documented when meds were given, when the ambu bag was started, and what time the patient was transferred to the PICU. There were 2 nurses, a charge nurse, an RT, 3 physicians, and the family member present in the room at the time. This resulted in the patient being put on 10L HFNC and then transferred down to the PICU.</p>	<p><b>Step 4 Analysis</b></p> <p>Although a rapid response is different from a code, they have similar aspects such as the recorder, which was my role in this situation. I was pretty confident in knowing what to record, since we've run a couple of mock codes in class. I feel like having that exposure prepared me in knowing the expectations.</p> <p>In terms of the different perspectives, I feel like my perspective was different than the family member's perspective. As a caregiver, I know that the reason for calling this rapid response was in the best interest of the patient; however, the family member did not see it that way.</p>
<p><b>Step 2 Feelings</b></p> <p>Before calling the rapid, my nurse and I had gone into the patient's room because the patient was showing signs of respiratory distress and decompensation. I felt a little bit nervous and uneasy because of this patient's instability and I think the transfer to a more critical care unit was definitely the only option for this patient.</p>	<p><b>Step 5 Conclusion</b></p> <p>I learned that you always have to be prepared for the worst possible outcome. Going in, I knew the patient's stability was deteriorating, however, I did not think that we would have to call a rapid response. Like stated before, I learned that we always have to be on our feet and know what to do and what to look for.</p>
<p><b>Step 3 Evaluation</b></p> <p>During this event, I think the environment was well controlled and the staff stayed as calm as possible to decrease the fear of the family member. I think I did well with recording the information and I had a physician beside me to guide me as well which I greatly appreciated. Overall, I think the collaborative aspect was very good and we all worked together to keep this patient as stable as possible to transfer.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, I don't think this experience was as scary as I thought it would be, but it is definitely better than calling a code. I thought it would have been more chaotic, but it was run smoothly and we did what was best for the patient and their care. Being in a real rapid response will help me in the future because I know what a successful rapid looks like and what it took to make things run as smoothly as possible. I think it is important to keep the environment calm, especially for the family and I will make sure to apply that in my future practice for my next encounter in a rapid response.</p>