



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. <u>Remember to 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 eg. personal / patients / colleagues' perspectives?
<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>On one of my clinical shifts, we received a newly overnight admitted patient who was transferred to our unit for seizure-like activity from another town. She was a 34-year-old woman who was there with her husband and mom and informed us she had two young children at home. She was in and out of tests/procedures all day to determine what was causing the seizures. It was discovered that she had a severe cancer known as leptomeningeal carcinomatosis which is cancer involving parts of the brain (pia and arachnoid mater with the subarachnoid space in between). As she was my patient, I was there with her when the doctor gave her the prognosis, which was less than a year. The way I felt that was necessary to really help her during this hard time was to be a listener and show comfort to her.</p>	<p>Step 4 Analysis</p> <p>I realized that in these situations, some people don't need others to tell them "It'll be okay", but rather be a listening ear for them to vent to and listen to their worries. When I have been put in other situations in which people are going through hard times, I am quick to become the comforting person they need. In class we were taught that empathic listening is a big part of what nurses do, so being able to see just how helpful it is to patients has helped me grow and learn that skill.</p>
<p>Step 2 Feelings</p> <p>In the beginning, prior to her diagnosis, I felt anxious for her. I knew she would have many questions or anxieties when waiting for answers, as most people do. I felt a great amount of sympathy for her as well as her family because she is so young and I couldn't imagine being told I would have less than a year to live, having done so little in the time I have been alive. Hearing how the doctor spoke with her, I could tell he wanted to help and support her in every way possible. By watching and listening to my preceptor be so gentle and comforting to her, made me realize this is the place I can see myself working for. I handled the situation really well while working, but as I was driving home, I felt a sense of guilt and sadness. I believe I felt this way, because I sometimes feel like I am quick to take things for granted and not fully realize how blessed I am just to have good health.</p>	<p>Step 5 Conclusion</p> <p>I feel like I could have made the situation better by attempting to answer her questions sooner or building a stronger rapport with her as well as her family. If I would have had her as a previous patient, I feel as though she would have been more comfortable with us, however we handled the situation as best as we could. I have learned that sometimes holding someone's hand and just listening is the best medicine. I will always remember this day, because it showed me that the oncology unit is a place that I can handle because I am someone who can listen and comfort those who need it.</p>
<p>Step 3 Evaluation</p> <p>The way everyone handled the situation was very well. We were quick to answer her questions and give her some comfort when she needed it. We made sure her family were informed and taken care of as well. It was difficult to see a family have to go through this difficult time and worry so much. I feel like by being an empathic listener for her and her family, they felt a little more at ease each time my preceptor and I walked in the room. I said a prayer for her and the family, and it seemed to calm them down, and they were super appreciative.</p>	<p>Step 6 Action Plan</p> <p>Overall, I feel like God put me in this situation to see if it was something I would be able to handle. It has allowed me to work on my empathic skills and grow to be a better nurse that patients or people can come to and find comfort. This showed me that I need to always be grateful for the things I have and to treat all I encounter with the best care, because who knows what they are going through. My preceptor was even upset at the situation, and it just showed me that there are going to be hard days, but maintaining a strong faith is what will help me through.</p>