



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 played the role of an RN on a med surg floor. My patient was admitted to med surg unit with diagnosis of Urosepsis.</p>	<p>Step 4 Analysis</p> <p>The patient in this situation benefitted from my education on safety and competencies. I was able to teach on medication that was new and meds that were taken at home. Safety was taught and therefore hopefully the patient would take that information and be more aware around their own home when discharged.</p>
<p>Step 2 Feelings</p> <p>I was feeling really nervous for CPE. I went over the order and saw some meds that would have to be put on hold because of low vital signs. I called the physician when my answers were in the order. It made me feel a little bit embarrassed but this will definitely help me in the future.</p>	<p>Step 5 Conclusion</p> <p>Now I will just take a deep breath and be more confident and read through what to do when vital sign changes occur. I will make sure to check physician orders for parameters.</p>
<p>Step 3 Evaluation</p> <p>Even though I was nervous I feel that I knew the universal competencies and safety precautions well. I felt confident giving meds but was extra cautious when double checking meds.</p>	<p>Step 6 Action Plan</p> <p>This was a great lesson for me to be more vigilant to detail. I will read through the physician order and make notes for parameters. I feel like CPE helped me bring forward all of my strengths that I have gained thus far.</p>