



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.

Step 1 Description

A description of the incident, with relevant details. Remember to maintain patient confidentiality. 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

- 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?

Step 4 Analysis

- 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)?

Step 2 Feelings

Don't move on to analyzing these yet, simply describe them.

- 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?

Step 5 Conclusion

- 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?

Step 3 Evaluation

- 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?

Step 6 Action Plan

- 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 A patient came to the ED with decreased LOC, confusion, malodorous urine, fever, and chills. He was diagnosed with urosepsis and admitted to the unit. I was assigned to this patient care as TPCN and reviewed the patient chart and prescribed orders. After introducing myself and assessing the patient I gave the patient an antibiotic IVPB to fight off the infection and a pain pill to help with the patient's general pain. The patient was left in the room in a comfortable and safe environment.</p>	<p>Step 4 Analysis From prior knowledge I knew that the signs the patient was showing along with lab work showed that his uti had went septic. I also knew what his medication were for and I was able to educate the patient about them.</p>
<p>Step 2 Feelings I felt as if I wanted to ease the patient of his pain and get him the needed medications so treatment can begin and rid him of infection.</p>	<p>Step 5 Conclusion I could have made the situation better by being a lot faster when passing the medications. I went out of time during the scenario.</p>
<p>Step 3 Evaluation The good thing about the event is that the aid from the facility was able to notice the patients symptoms and call 911 for help.</p>	<p>Step 6 Action Plan Overall, it helped me use my critical thinking skills and knowledge that I've learned and apply it to a real-life situation. This experience will improve my practice by making my clinical judgment stronger and also by always applying my safety competencies every time I enter and exit a patient's room.</p>