



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</p> <ol style="list-style-type: none"> 1. I did not put the call light in reach of the patient. 2. After assessing the patient, the first time before retrieving medications. 3. At the patient's bedside. 4. Me and the manikin patient. 5. I was assessing the patient to make sure it was a safe environment. 6. I played the role of the nurse. 7. The advisors played the role as the patient, observers. 8. The first result ended with steps that I did correctly with also corrective action on what was missed. 	<p>Step 4 Analysis</p> <ol style="list-style-type: none"> 1. Knowing what is expected of me at the level that I'm now at in the program. 2. Conferences that we have with our advisors to ask about situations that do happen. To be able to prevent and what to do if it occurs. 3. This could put the patient in harm if said patient needed urgent attention. 4. That something so simple as a call light can make a difference in patients' safety. 5. Others had the same experience or like mine. 6. That a small step such as call light can be easily missed.
<p>Step 2 Feelings</p> <ol style="list-style-type: none"> 1. I was feeling nervous in the beginning 2. I was thinking of what might be asked of me to do. 3. I was a bit overwhelmed 4. Actions of others made it a little better but some also made me feel concerned. 5. More nervous than I was getting ready for CPE. 6. I felt if the nerves weren't as strong, I would have done what I practice multiple times. 7. The emotion of accomplishment but not a 100 percent feeling. 8. Knowing that I've come along way with knowledge that I was taught and could have passed the first time. 	<p>Step 5 Conclusion</p> <ol style="list-style-type: none"> 1. Not letting the nerves and the "what if" get to me. 2. Others did the best they could have, showing confidence but everyone had the feeling of nervousness. 3. Slowed down just a little to not miss small steps that a very easily missed. 4. That its ok to make mistakes during practice to help with real world situations.
<p>Step 3 Evaluation</p> <ol style="list-style-type: none"> 1. The event was designed as a real-life situation going in and being the nurse of the patient. 2. I felt the time was short and being docked so many points for a miss. 3. Being able to use my communication skills and assessing the scene and the patient. 4. It's somewhat difficult talking to a manikin doll. 5. Knowing what to assess for and what to ask. 6. Making sure the patient was at the lowest position and the number of bed rails needed to be up, also admin the medication. 7. I expected a better outcome of being able to pass the first time was my main goal. 8. Not putting the call light as exiting the room the first time to retrieve meds. 9. By putting my concerns and asking what I did wrong to be able to correct it. 	<p>Step 6 Action Plan</p> <ol style="list-style-type: none"> 1. Overall, the situation was overwhelming but a good outcome. 2. think this was a good learning experience to be able to teach us what to expect when we are by ourselves as nurses to know what to do. 3. I would not make myself so nervous so that I'm able to think clearly and not miss a step that could harm a patient. 4. When it comes time that I'm by myself I need to know my mistakes are corrected so that I can better care. 5. I can apply these learning to others as well as my practice. 6. That right now as a student in simulation its ok to make mistakes and to ask questions. 7. To get a better understanding of what I did not do right to correct myself, in time for real life situations to not harm anyone and protect myself.