



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>A patient came into the ED with a urinary tract infection turned to urosepsis. They complained of nausea, vomiting, fever, fatigue and flank pain. He has a history of stroke three months ago and hypertension. My role in this situation was to assess what medications the patient needed for his nine o' clock round.</p>	<p>Step 4 Analysis</p> <p>Because this patient had turned septic, I knew what his vital signs were going to look like. My job is to continue monitoring those vital signs to see if the infection is getting better/worse and to see how they're responding to medication. I also had to take into consideration his history of stroke and hypertension to assess his current state. Issues that could have arised from this situation was altered mental status, seizures or it could even be fatal if left untreated.</p>
<p>Step 2 Feelings</p> <p>When we received the paper with the description of the patient I felt calm because I knew how this infection manifests in the body so I knew what to look out for. However, I was worried something would fly over my head and I would overlook an important step. The most important feeling I felt was anxiety because that is something that could easily distract me from the patient.</p>	<p>Step 5 Conclusion</p> <p>I could have practiced counting out loud to fifteen beforehand when scrubbing the port of the piggyback because I accidentally only counted to ten. It was something I never thought I would have messed up on but it showed me that little mistakes like that can happen any time and its important to realize them. Only scrubbing for ten seconds might not have killed all the bacteria and could have introduced a new infection through the IV line.</p>
<p>Step 3 Evaluation</p> <p>What was good about the event was I knew exactly what medications to give the patient. I knew because his platelet and H&H count was low I would hold the anti-platelet medication. I knew also that because his blood pressure was low I would hold his antihypertensive medication. I knew how to prime, hang and set up a piggy back IV because we had practiced it so many times before hand. Through my experience as a CNA, patient safety like the fall bundle and 4P's were easy to remember since I do it at my job all the time.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think CPE is a good way to assess skills and a reminder to catch your mistakes even if they seem small. Next time, I would definitely practice beforehand even if I feel like I don't need it. I read a quote that said something along the lines of removing uncertainty from a situation will remove anxiety. If I have already practiced the scenario before, then going into actual CPE will just be muscle memory. I will definitely take this into consideration in future modules.</p>