



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> <ul style="list-style-type: none"> • The Pt. in this scenario was hospitalized and diagnosed with urosepsis. • This Pt. was hospitalized early in the morning. • I was the day shift nurse, so I was not present during the initial hospitalization of this Pt. • Members of the healthcare staff involved in the care of this Pt. includes the night shift emergency department staff, the day shift medical surgical unit staff, and the patient's HCP. Pharmacy was also involved. • The role I played in the care of this Pt. was that of the day shift medical surgical nurse. • The night shift emergency department nurses were the ones to admit this Pt. and initiate antibiotic therapy. • The result of the collaborative care from the various nurses, doctors, and pharmacy staff members resulted in this Pt. being stabilized and diagnosed with urosepsis. 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> • I was able to apply my knowledge of genitourinary complications and treatments to the care of this Pt. • I had previously studied literature covering renal complications that could lead to urosepsis prior to taking care of this Pt. • General knowledge of how genitourinary bacterial infections affect the cardiovascular, respiratory, and neurological functioning of the body was required to efficiently take care of this Pt. • This event could potentially evolve into chronic kidney damage if not treated adequately. • I believe the situation is an acute kidney injury r/t infection. • This patient's immune response was unable to effectively combat a UTI. • All healthcare providers directly involved in the care of this Pt. needed at least a basic understanding of the general effect genitourinary complications manifest in the body. • To build rapport, it is important for the healthcare personnel to understand the patient's perspective of their own condition.
<p>Step 2 Feelings</p> <ul style="list-style-type: none"> • At the beginning of this assignment, I felt curious about the extent to which urosepsis had affected the patient's LOC. • At the time, I was thinking about how the UTI would affect this patient's renal function. • This event made me feel curious and excited to further explore the extent of the effect that urosepsis had on this patient's health. • The patient's action and words make me think that this Pt. was not in danger of any immediate critical complications. • This revelation made me feel much less concerned about a sentinel event occurring. • I felt very satisfied with the final outcome of my interaction with this Pt. I left the situation with a stable Pt. receiving antibiotic therapy for a bacterial infection. • The most important feeling I had during this incident was concern. • This concern for the patient's safety encouraged me to thoroughly assess the Pt. 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • I believe I could have made the situation by contacting the patient's family to obtain a comprehensive medication history for this Pt. • Other healthcare members could have improved the situation by obtaining a comprehensive medication history from the patient's medical record upon admission. • I could have performed universal competencies differently than I did initially. Upon first meeting with the Pt., I did not check if a call light was within reach of the Pt., and this could have led to a sentinel event. • I have learned how to implement universal competencies, safely administer medications, and assess my Pt. all within a limited period of time. I believe this experience has helped developed my critical thinking and time management abilities.
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • The good thing about this interaction with this Pt. was that I had a firm understanding of the pathology of urosepsis. • The bad thing about this situation is that I did not have a fully alert and oriented Pt. • The easy part about this situation was that I only needed to give a few medications to the Pt. • The difficult part of this situation was providing effective education to a Pt. that was disoriented to time and situation. • I feel that my medication administration and assessments both went well. • I believe I did provide effective education by implementing a teach-back technique. • Other caregivers did a good job at stabilizing the patient's condition among admission. • I did not expect a different outcome for this Pt. • I did not think this Pt. would have such a low blood pressure because they had a history of hypertension. • I contributed to the care of this Pt. by performing assessments, providing education, and passing medications. 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • Overall, I believe this situation went very well, and I was able to improve my own time management and critical thinking skills. • From this situation I have concluded that effective intervention from the hospital staff has led to the stabilization of this patient's condition. I have concluded this through the patient's improved level of consciousness and regulated vital sign trends. • With hindsight I would perform all my universal competencies immediately every time I entered the patient's room. • I can use this lesson in the future to promote Pt. safety. • I will be able to apply my learning from this situation to every Pt. care situation I am involved with in the future. • This situation has taught me that professional practice requires a great amount of self-discipline and attention to detail. This situation has taught me that I am capable of providing a quality level of care to my patients in the future as a registered nurse. • I will use this experience to improve my practice of critical thinking and Pt. safety in the future as I grow and evolve as a registered nurse.