



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><b>Step 1 Description</b>                  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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives (e.g. personnel / patients / colleagues)?</li> </ul>
<p><b>Step 2 Feelings</b>                  Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice? about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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><b>Step 1 Description</b></p> <p>My patient was admitted with urosepsis and was receiving antibiotics and pain meds to help with his symptoms. He was A&amp;O x2 and thought he was in jail instead of at the hospital. In the room it was the Ms. Starch as the pt Mr. Dunn, and a module 8 instructor and myself.</p>	<p><b>Step 4 Analysis</b></p> <p>I applied my pervious knowledge of the 7 rights of med admin and patient safety to ensure I gave the correct meds and prevent my pt from falling or injuring himself. An issue that arose was the fact that my pt was A&amp;O x2 so the fact that I rethought before I left the room to make sure he was safe essential.</p>
<p><b>Step 2 Feelings</b></p> <p>In the beginning I was feeling very nervous just because I didn't want to forget anything. When I first stepped into the room my first thought was safety, so I raised the bed rail and moved the call light within reach. When the patient stated that he thought he was still in a jail cell my first thought was to try and reorient him. I feel like the interaction went well all things considered.</p>	<p><b>Step 5 Conclusion</b></p> <p>If I would have taken a deep breath and slowed down a little, I think it would have made it better. I was nervous and just wanted to get it over with so I was dropping things and making a mess which if I would have just taken a breath those things could have been avoided. I have learned that patient safety is always number one so if it takes a little bit longer to care for this one patient then so be it as long as their safe</p>
<p><b>Step 3 Evaluation</b></p> <p>I feel like the good part of this scenario was when I considered the patients safety first and made the correct actions to ensure that. I think just because I was nervous, and I made a mess in the pts room was something to improve on. But as far as the medication admin and the 7 right I feel as all of that went smooth.</p>	<p><b>Step 6 Action Plan</b></p> <p>Now looking back other than taking my time I don't think I would have done anything differently. I really appreciated the feedback I got from both IM4 and IM8 instructors that were in the room with me. I will definitely be applying what I learned in the process to the rest of my schooling and future as a nurse.</p>