



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> <p>Simulation involving 2 Instructors and myself. The goal was to demonstrate medication administration and patient care in a timely manner, after reviewing the patient's chart. Unfortunately, I took too long on the first attempt, but had the opportunity to try again, which was successful.</p>	<p>Step 4 Analysis</p> <p>The theories that are relevant to this situation are Nursing Fundamentals, which above all includes patient safety.</p>
<p>Step 2 Feelings</p> <p>I felt nervous and felt that throughout the simulation. I wanted to make sure I spent enough time in the patient's room before leaving to gather the "medication". While I was gathering supplies in the med room, I was trying to voice all of the "rights" and that took more time.</p>	<p>Step 5 Conclusion</p> <p>I could have focused on the amount of time I was taking during the CPE. And written down the steps more thoroughly. I feel more confident after the simulation knowing that I was taking the correct steps to care for the patient.</p>
<p>Step 3 Evaluation</p> <p>It was easy for me to converse with the patient and try to make him feel at ease, which was noticed in my evaluation. I was so used to doing focused assessments I felt that I had to fill that step with talking instead. I didn't want to miss anything so I repeated myself a little too much before leaving to gather the medications.</p>	<p>Step 6 Action Plan</p> <p>With hindsight, I wish I would have been more confident in my abilities to pass during the first attempt. I could have given pt teaching and conversation while multitasking. In the future I will work on time management.</p>