



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 eg. 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>I had a pt that came initially presenting S/S of HTN and reporting abdominal pain. Pt was admitted for further observation. I was the student nurse, precepting under a Licensed RN.</p>	<p>Step 4 Analysis</p> <p>I could apply this knowledge to future pt's in the sense that you cannot only go off of what is reported in shift change report. Thorough assessments are vital and re-assessments are key. Instead of going into care narrow minded on what is given in report and/or what is read in a pt's chart, visible and physical findings can determine changes in treatment throughout pt care.</p>
<p>Step 2 Feelings</p> <p>Upon initial report, I felt as if the pt was stable but upon assessing pt, he appeared to be in severe pain and his vital signs were consistent with hypotension and possible sepsis. I felt very worried for the pt because his status appeared to be declining quickly. I also felt helpless being the student nurse.</p>	<p>Step 5 Conclusion</p> <p>I believe that the RN could have been much more observant in this situation and am glad that I could act as a second "set of eyes" and advocate for my pt. I have learned to keep an open mind to all aspects of care.</p>
<p>Step 3 Evaluation</p> <p>I believe that the initial assessment and re-evaluations went good, including medication administration. I frequently assessed pt's pain and he showed some improvement. Upon a assessment, I found that one of his PIV that fluids were being run in had infiltrated so we had to D/C that line but had it of gone un-noticed, pt could have had more complications.</p>	<p>Step 6 Action Plan</p> <p>Going into the future, I will be more thorough in my assessments whether as a student or licensed RN. I will not judge a pt's status on what information is given and I will promote pt advocacy in any situation regarding a pt. I will strive to be the best provider that I can and will promote this through teamwork because I believe it takes a team to provide the highest quality of care.</p>