



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><b>Step 1 Description</b></p> <p>My patient was admitted for urosepsis. After the 20 minute prep time, I felt prepared to complete the task. I was given an overview of the room and supplies by Mrs. Colombe and Mrs. Webster. When my time was completed, I was told that I did great however, I administered a PO medication that should have been held due to a low systolic BP reading. That resulted in a return to the Sim Lab later that afternoon for a 2<sup>nd</sup> try.</p>	<p><b>Step 4 Analysis</b></p> <p>The tasks to be completed correlated with the learning I had while in the clinical setting. I can't say that broader issues arose from this situation, but I felt a confidence over me that I don't always feel when I'm in clinical. I know more than I've been giving myself credit for. As far as my experience compared to others, I didn't talk to anyone initially since I went at an earlier time, but later I heard some some students were in tears, not me so I would say I was happy overall and still left with a positive learning experience.</p>
<p><b>Step 2 Feelings</b></p> <p>When I was given the scenario while in the library, I felt overwhelmed at first but once I started reading thru the folder, things became more familiar and I was able to sort out my thoughts. Upon entering Room 4, I can't really say if it was nerves or just ready to get this done, but for a quick second my mind went completely blank. I was able to gather my thoughts, give myself a little pep talk and get the task started. After the first try, I wanted to kick myself, I felt that was a mistake that I should have caught but it stuck with me and I made sure to carefully read the orders during the second time around. The feeling that stuck with me the most was the was I felt knowing I had to try again over something I have been taught over and over again. I had to remind myself that I here to learn and that is what the Sim Lab is for.</p>	<p><b>Step 5 Conclusion</b></p> <p>I think I could have made the situation better by not allowing my nerves to get the best of me and for some others.... Maybe wait until they're in their car to cry because it freaks everyone out. Being nervous is normal regardless of how well prepared we are. Definitely next time around, I will go in with more confidence in myself and I can carry that into my interactions with live patients in the hospital setting.</p>
<p><b>Step 3 Evaluation</b></p> <p>I like that I was evaluated by instructors that I know and I'm comfortable with. I felt that time allotted was enough to complete the tasks and short enough that I knew I needed to keep thinking and stay focused.</p>	<p><b>Step 5 Conclusion</b></p> <p>I think the overall experience was great. I enjoy these types of lessons because I think of myself as a hands-on learner. In hindsight, I will slow down, and triple check the orders. Definitely next time around, I will go in with more confidence in myself and I can carry that into my interactions with live patients in the hospital setting.</p>