



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>At CPE, I was a little nervous but also ready to get it over with. My patient had a lower BP and a low platelet count so I withheld the BP and the blood thinner medication. As well as being very thorough with my medication teachings and 7 rights.</p>	<p>Step 4 Analysis</p> <p>I believe it allowed me to build upon my prior knowledge in nursing. Putting the theory we learned in class to a scenario. Preparing myself for the nursing field.</p>
<p>Step 2 Feelings</p> <p>On this day I was very nervous. Although I felt prepared and confident in my ability to be a good nurse I felt scared. But overall I knew it was a test scenario and I just had to get through it.</p>	<p>Step 5 Conclusion</p> <p>Overall I only had 2 things to focus in on for myself for the future: Time management and to remain calm. After I got back from the med room I was a little jittery and nervous. But I was also worried about my time left in the scenario. Lastly, breathing and staying calm. I just got to stay cool, calm and collected to be the best nurse I can be.</p>
<p>Step 3 Evaluation</p> <p>I was proud of myself for recognizing the low BP and platelets. As well as holding the medications that could further affect those labs. I was also complimented on my thoroughness in my patient teachings.</p>	<p>Step 6 Action Plan</p> <p>My goal for the rest of the program is to continue working on my medications and my teaching. As well as to learn more about time management. As well as, trying to stay calm and know I know the material and I am a nurse!</p>