



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>Step 1 Description</p> <ol style="list-style-type: none"> <li>1. Pt was transfer from SNF to ED, only oriented to name and date of birth.</li> <li>2. DX urosepsis, hx DX CVA 3month ago, HTN.</li> <li>3. Routine afternoon meds administration</li> <li>4. I was the student nurse</li> <li>5. 2 pt's relative were in room</li> </ol>	<p>Step 4 Analysis</p> <ol style="list-style-type: none"> <li>1. Broader issues – pt's safety, pt could fall without both side of bed rails rise</li> <li>2. Pt going through urosepsis need be check neuro function more frequently.</li> <li>3. Pt have a low BP, so the high BP med was hold,</li> <li>4. Pt bun and creatine level in normal range, so the kidney function proper.</li> <li>5. WBC was high because of the system infection</li> </ol>
<p>Step 2 Feelings</p> <ol style="list-style-type: none"> <li>1. I feel I should follow the protocol of the drugs administration</li> <li>2. Trying to follow steps of drugs administration, make sure 7rights.</li> <li>3. The drugs administration should have my own order, like first primer fluid, piggy bag, IVP, then PO meds</li> </ol>	<p>Step 5 Conclusion</p> <ol style="list-style-type: none"> <li>1. Administer antibiotic</li> <li>2. Check urine sensitivity to see which antibiotic works</li> <li>3. Keep a clean catch urine specimen</li> </ol>
<p>Step 3 Evaluation</p> <ol style="list-style-type: none"> <li>1. I did well in safe meds administration</li> <li>2. I did bad in pt's safety rounding</li> <li>3. I did not make sure 2 bed rails were the rails on the head sides. Not means same side 2 bed rails could cause safety issue.</li> </ol>	<p>Step 6 Action Plan</p> <ol style="list-style-type: none"> <li>1. UTI is common is older people, need to teach older people how to keep hygiene</li> <li>2. Some skilled nursing facility need to have regular education about prevent UTI</li> <li>3. Need to make sure when doing meds administration follow facility protocol and have own steps, so won't miss any steps</li> </ol>