



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 an older male patient who has urosepsis. The morning vital signs and like bp was low. The patient's lab work like his platelet count was also low. So for morning medications I had to give some and hold some of the medications.</p>	<p>Step 4 Analysis</p> <p>I can utilize lab work, use the things ive learned in recent things. Learning about antiplatelet meds, urosepsis and fundamental of nursing helped me during this scenario. The patient being septic helped understand why they were getting their antibiotic. I believe everyone's scenario was different so knowing every patient is different makes you critical think about everything.</p>
<p>Step 2 Feelings</p> <p>I was feeling nervous because you had to use critical thinking on what the plan for this patient was. When I entered the room my I felt a little more relieved about toward the whole situation. I think explaining to why I was holding meds and explaining what I was doing help me navigate through the scenario.</p>	<p>Step 5 Conclusion</p> <p>I feel like It could have been alot more smoother. I feel like other people would of help to get things done quicker. I could of taught about my meds better. I learned in this scenario how to apply knowledge.</p>
<p>Step 3 Evaluation</p> <p>I think overall it went really well I liked the report we received. I feel like there wasn't anything bad. I also felt like it was in the middle of difficulty you had to critical think but the report that was given was very helpful. I did well on my communicating I usually struggle with talking so I feel like I am seeing improvement.</p>	<p>Step 6 Action Plan</p> <p>I liked this cpe. I liked how everything was well organized. I would probably be a light more organized with medications. Just so it flows nice. I learned a lot about how doctors will talk to you about things in the chart. I will apply all these lessons throughout the rest of my career.</p> <p>Herrera.LCPE Replection_sept24</p>