



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 (e.g. 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 was the nurse for a patient with HTN, previous history of a stroke and admitted for pain, nausea and vomiting. I reported to the (sim lab) my patient's room. I came in to do an assessment and recorded any changes I noted and then went to grab his medications according to his current state.</p> <p>I only planned to give two meds: hydrocodone/acetaminophen for a level 5 pain and then Levofloxacin, an antibiotic. I was able to hang my secondary IV but I had to return for a follow up CPE in order to give my PO med Levofloxacin.</p>	<p>Step 4 Analysis</p> <p>I could have done better by remembering that a footrest is not a restraint. A broader issue that arrives from this is that since I didn't put up a second guard rail, my patient could have fallen. I also should have given my PO med in a timely manner. Not given meds at the correct time is actually a med error that would go against the patient's 7 rights.</p>
<p>Step 2 Feelings</p> <p>I did not feel confident going in. I went to do an assessment and was very nervous I was going to miss something, so I took too long assessing my patient. I was thinking about all the "check marks" I needed to check off before I went out to the med room to grab my patient's meds. I was nervous and then when I came back into the room with my meds, I only had 3 minutes and immediately became frazzled. I understood the need to come back to redo my CPE because I had not given my PO med. This made me feel more confident going into my second/redo CPE.</p>	<p>Step 5 Conclusion</p> <p>I could have made the situation better by cutting my time on assessments when I was already given vitals. I would have had more time if I was more confident and didn't second guess the information I was given prior to assessing my patient. I spent too much time not being certain in my next move that I wasn't able to complete my full tasks. I learned to be confident for the benefit of my patient's health.</p>
<p>Step 3 Evaluation</p> <p>Good things that occurred was that I passed the hanging of my secondary IV medication and I passed my safety protocols.</p> <p>Bad things were mainly my time management and unawareness of the time as I was doing my tasks.</p> <p>Easy things that I did was my patient care and safety protocols.</p> <p>I didn't believe anything was difficult, I was just unaware of the time I was spending checking on my patient.</p> <p>Things I did really well was patient teaching and patient evaluation.</p> <p>The main thing that went wrong was my time management.</p>	<p>Step 6 Action Plan</p> <p>Since I did not give the appropriate meds in a timely manner, my patient did not receive the full care to benefit their health and that was my mistake. The next time that I went, what I did differently was had more confidence and in order to complete my tasks. This practice will help me in the future as a nurse in order to properly care for my patients.</p>