



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.

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| <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.

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| <p>Step 1 Description During my CPE I missed the doctor's orders on my patient's acetaminophen that stated the medication must be administered for a temp above 99.9, and the patient's temperature was 100.4. Because of this I ended up having a med error as a result.</p> | <p>Step 4 Analysis When it comes to administering medications, I need to thoroughly read every single medication and make sure that I understand the orders. In the end, between being very nervous about CPE and worrying about my dog, it ended up throwing me off and I caused a med error. If this had been a real-life situation and if it had been a med that was more volatile, I could have easily harmed my patient.</p> |
| <p>Step 2 Feelings For starters, I was very nervous about CPE in general. However, my family's dog was sick as well and we had been trying to figure out how to get her to the vet when I left to head to CPE and was almost late as a result. So, I was preoccupied with worry about our dog and a bit distracted. However, this is not an excuse for missing the med, as I will have many distractions and situations in my life and need to be able to leave that at the door. I was obviously very upset with myself for missing something so obvious, however, it was a very effective reminder to leave my personal life at the door, or I could potentially harm my patient.</p> | <p>Step 5 Conclusion At the end of the day, I need to leave my personal life at home every time I take on the role as a nurse, whether it is as a nursing student or as a nurse. My patients need and deserve my full attention, and this was a very effective lesson that really drove it home for me. If I had taken a few minutes to collect and center myself, I believe I could have effectively focused on the CPE rather than allowing myself to be distracted and ending up having a med error.</p> |
| <p>Step 3 Evaluation Both professors were very understanding, and very gracious about it, which helped a great deal. Also, the fact that it wasn't with an actual patient was a very good thing. I believe teaching my patient, practicing safety and effective nursing practice, as well as preparing and administering the levofloxacin went well. I was shocked when I discovered I had missed the acetaminophen, because that's not something I would normally miss.</p> | <p>Step 6 Action Plan This situation really helped to drive home the need to leave my personal life at the door, and to focus solely on what I am doing at the time. This is a lesson I can apply to every situation in the future, and if I center myself before doing something that requires my focus, I believe that will help me to be able to perform at my highest ability.</p> |