

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 was the nurse in CPE, I was with Mrs. Burnett. I had to administer levofloxacin IVPB. I performed all safety checks and fall bundles as the nurse for my patient. Mrs. Burnett observed me performing my medication administrations after I determined what medications the patient should not be receiving. I passed CPE on my first try.</p>	<p>Step 4 Analysis</p> <p>I applied my patient teaching and the adverse effects to the patient for their medications as well as complete the other parts to the 7 patients rights. I was confident in my med passing from passing meds in actual clinic. I had to give their home medications clopidogrel because their platelets were at a level they needed it still to prevent blood clotting. Also checking compatibility for the IVPB and primary solution allows for no mistakes that could lead to severe adverse reactions or death of the patient.</p>
<p>Step 2 Feelings</p> <p>My feelings prior to CPE were I was a little nervous but when I entered the room they subsided. Mrs. Burnett was really informative and helped calm my nerves as well.</p>	<p>Step 5 Conclusion</p> <p>For next time, I feel I need to know the information without having to look at a piece of paper to double check myself or read off the teachings to the patient. I think that my CPE experience was good as far as the instructors I had sit in on it.</p>
<p>Step 3 Evaluation</p> <p>I followed the steps for the CPE thoroughly and effectively. The steps for fall bundle and patient safety were really helpful in making sure I checked off every protocol step as a nurse to perform safe measures for my patient.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think that this CPE helps me use my critical thinking on what medications to give to a patient and perform my nursing duties to the best of my capability. I hope to be able to feel more confident in patients rooms without using a paper to give teachings and perform safety protocol</p>