



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                      eg. 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><b>Step 1 Description</b></p> <p>On January 21<sup>st</sup> and 22<sup>nd</sup> I attended my clinical rotation at Trust point Rehabilitation Center. I was assigned a nurse who I observed and their role as a rehab nurse. I was able to see different rehab patients and what the facility offers them. I was able to see the difference in the rehab setting versus the hospital setting during regular clinicals.</p>	<p><b>Step 4 Analysis</b></p> <p>During this situation I was able to apply a lot of my critical thinking skills from clinical and lecture. I saw patients and listened to what they were here for and observed medical problems they were having and was able to connect the dots with a possible outcome using the knowledge I have from nursing school.</p>
<p><b>Step 2 Feelings</b></p> <p>At first, I was not sure what to expect because I have never been in a rehab facility before, and I wasn't sure how they ran things. I was shocked to see how different it is from the hospital. I felt that everyone was very nice and welcoming, and my nurse made my experience very enjoyable.</p>	<p><b>Step 5 Conclusion</b></p> <p>Overall, I think the experience was great. Everyone was very nice and helpful and didn't make me feel like a burden. Some nurses in the hospital aren't very fond of nursing students but it seemed like everyone at Trustpoint were so happy to see us. All of the healthcare workers were happy to show me and teach me things which I really loved.</p>
<p><b>Step 3 Evaluation</b></p> <p>The clinical rotation was a nice experience because although some things are similar to the regular hospital setting such as patient care and the nursing role, it was also very different, and I enjoyed being in a different environment than usual all while still learning nursing things. The facility was very nice, clean and organized. I think some things as far as the schedule could be fixed, but for being the first time I think it went well and we made things work.</p>	<p><b>Step 6 Action Plan</b></p> <p>If I ever decide to work at Trustpoint whether it is as a tech or nurse, I think I will feel very comfortable and already have an idea on how things are run. I now know more about what happens after patients leave the hospital and go to rehab and I know how those patients are treated. I can use this knowledge along the rest of the my nursing school program and career and overall just have a better understanding on what happens in other healthcare facilities other than a hospital.</p>