



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.

Step 1 Description

A description of the incident, with relevant details. Remember to maintain patient confidentiality. 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

- 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?

Step 4 Analysis

- 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. personal / patients / colleagues'

Step 2 Feelings

Don't move on to analyzing these yet, simply describe them.

- 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 outcome?
- What is the most important emotion or feeling you have about the incident?
- Why is this the most important feeling?

Step 5 Conclusion

- 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?

Step 3 Evaluation

- 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?

Step 6 Action Plan

- 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 clinical at Trust Point on the second floor, where I was paired with a partner and assigned a nurse. We were given a patient to care for and observed the nurse administering medications. Additionally, we spent time in the dining club, watching how patients each had different meals and ways their food was made.</p>	<p>Step 4 Analysis</p> <p>By understanding their individual challenges, like specific eating or mobility requirements, I can provide more effective care and ensure their needs are met.</p>
<p>Step 2 Feelings</p> <p>I felt both curious and grateful, becoming more mindful of the small details that significantly impact patient comfort. I also appreciated the people who help teach patients how to regain their eating habits.</p>	<p>Step 5 Conclusion</p> <p>However, visiting the rehab center and observing the dining club showed me a great understanding of how patients with different needs adapt to recovery. It showed me the importance of personalized care even when it comes to basic ADLs like eating.</p>
<p>Step 3 Evaluation</p> <p>It was eye-opening to see what happens when patients leave the hospital and what they go through during their recovery. All the staff was very kind as well, they all welcomed us.</p>	<p>Step 6 Action Plan</p> <p>In the future, I can now talk to my patients about the great experiences I witnessed at trust point if that's where they must go after leaving the hospital. It may help them be less anxious and know what to expect.</p>