



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 (e.g. personnel / 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 final 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>While with my nurses we had a patient who struggled to take her medication. These medications needed to be crushed and were spoon fed to this patient with applesauce. The patient struggled to swallow both days.</p>	<p>Step 4 Analysis</p> <p>It is important to have different perspectives as they can affect the patient and their goals in a different way that you or a coworker may not see think of, we must work as a team to better the patients and that includes all the staff as well as the families. I understand that based off the patient's recent medical history that the patient is now having to relearn and retrain some parts of her body/ memory, which includes the swallowing motions of medications and such.</p>
<p>Step 2 Feelings</p> <p>At the beginning I felt nervous and skeptical to see how this meds were being administered. To see how two different nurses handled this situation between the two days was nice to compare, especially because while both showed empathy, one was more successful in her tactics to get the patient to swallow her medications. The events made me see that different methods of compassion and tactics can be more successful than others based on the patient.</p>	<p>Step 5 Conclusion</p> <p>I have learned how to help a patient swallow as I watched both nurses stimulate this on both days. I could have made this situation better by seeing if maybe there was a different item that she might have liked that may have been easier to swallow/ taste better for her.</p>
<p>Step 3 Evaluation</p> <p>I feel as though Wednesday was more successful regarding this event in the sense that the patient was able to gain more medications than Tuesday was the medications were not swallowed in the entirety. This situation was difficult in a sense of seeing this patient struggling to do something that we normally do not think twice about doing, like an instinct was lost.</p>	<p>Step 6 Action Plan</p> <p>Overall, I enjoyed this entire experience as it gave me new insight as to what really goes on in rehab facilities and how the nurses work there as well. In hindsight I do not think there is anything I would do differently other than maybe asking more questions to the therapists such as OT and speech as to why the exercises are implemented for specific patients.</p>