



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 (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.

<p>Step 1 Description</p> <p>An event that happened while I was at the hospital was a patient's blood sugar dropped to the 30s. It happened overnight as they were sleeping and woke up. I had just arrived in their room and brought them ice cream to help bring the blood sugar up. After checking their blood sugar again, it was in the 90s.</p>	<p>Step 4 Analysis</p> <p>I can apply to this event the signs and symptoms of hypoglycemia that I have learned. What went on in this incident was that the patient received the dose of insulin described by the doctor, but it was too much even with bedtime snacks. The doctor then discontinued the insulin and prescribed a smaller dose.</p>
<p>Step 2 Feelings</p> <p>I didn't really feel anything, I just knew we had to get his blood sugar up. I was looking for signs of hypoglycemia such as being cold, clammy, and confused. The outcome was good because his sugars came back to normal.</p>	<p>Step 5 Conclusion</p> <p>I could have made the situation better by just making sure the patient was conscious and not having any seizures or confusion. If they were to have seizures from hypoglycemia, I would make sure seizure precautions were in place. I learned from this event that a patient can look completely normal even with extremely low blood sugars.</p>
<p>Step 3 Evaluation</p> <p>The good part about the event was the incident was dealt with quickly and effectively. The bad part was that it even happened because the patient was already known to be diabetic. I didn't expect any different outcomes since once the blood sugars come back to normal and stabilize, the patient should be fine. I contributed by getting food to bring the patient's blood sugars back up.</p>	<p>Step 6 Action Plan</p> <p>I thought this situation was a good learning experience and allowed me to recall what I learned in lecture to put it into practice. The conclusion I can take from this is even with doctor's orders, it is up to the nurse to make sure the patient is taking the treatment well. I also took from this experience that nurses should look more at the trends of a patient in regard to vitals, reactions, etc. I can use the lessons learned from this for the future by being more anticipatory with my care and coming up with possible events in my head to be prepared in knowing what to do in case that possible event happens.</p>