



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>During the two clinical days at Trustpoint, I followed two different nurses. The first day, I had six patients in rehab for stroke, falls, and other various reasons. I observed the nurse give medication and assisted taking vitals. The second day, I had eight patients. I helped my nurse collect vitals and observed med passes. Both days, I observed speech pathologists, occupational therapists, and physical therapists work with patients and bring them to the gym.</p>	<p>Step 4 Analysis</p> <p>I will take away from these two days of clinical experience that no matter what setting I will be in, or the differences in policies or procedures, the goal of nursing stays the same. Every patient deserves my best care no matter what stage of health they are in. I will take away the importance of patient nurse relationship and trust. I got to see the nurses have professional relationships with the patients and how that relationship benefited in their healthcare but also in their interactions and pleasantness.</p>
<p>Step 2 Feelings</p> <p>I was glad that I got this opportunity to go to a rehab center to compare the similarities and differences of the nurses' roles in the hospital compared to the rehab center. I found it helpful to experience where patients would be going if sent to a rehab center after care in the hospital. I felt that it was a different change of pace to care for patients that do not require the level of care a hospital would. For example, patients' glucose levels were not extremely high and did not require as much regulation as I have seen with hospitalized patients.</p>	<p>Step 5 Conclusion</p> <p>To make the experience better in the future, I feel like it would be beneficial have a pre-meeting of expectations and goals as a student to achieve or accomplish before going to be with the nurse. Although, I didn't mind being flexible and figuring out how the day would look beforehand, I would've like to have known what I should expect as in skills or interactions with patients and nurses or what to look for while in this new environment. I really liked being pulled out to go around and look at the gym and be shown the different jobs of the therapist and what the day of the patient entails. I liked listening to the team collaboration conference and felt like I got a good general idea of what working in a rehab center would be like.</p>
<p>Step 3 Evaluation</p> <p>Because of the rehab environment, patients are able to get one-on-one individual care with the goal of maximum independence. The team of healthcare workers including speech pathologists, physical therapists, occupational therapists, and case managers etc. do a great job of collaborating to achieve that goal. Additionally, I noticed that the hospital environment kept more standard policies all around than the rehab center like protocols such as bed alarms to stocking supplies.</p>	<p>Step 6 Action Plan</p> <p>This experience has increased my confidence in myself as a nursing student. I feel like I am more comfortable in my role as a student and my general knowledge as a student nurse when caring for patients. It helps me to learn material in class when I can apply it to a patient's situation in a clinical setting or visa-versa.</p>