



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>Step 4 Analysis</p> <p>The situation observed while at the facility is patient-centered care. Helping these patients, some, get ready to go back to work or find independence on ADLs which is key in planning for discharge. The impact of different perspectives did not bring any issues. Instead it makes all the different staffing positions collaborate and be on the same plan for the patients.</p>
<p>Step 2 Feelings</p> <p>On day one, I was apprehensive about what the day and facility would look like, but it was better than I imagined. I was grateful for the exposure to the rehab facility in the end. I enjoyed seeing the steps and work patients are doing to attempt to get home safely and as “normal” as they were prior to their stay.</p>	<p>Step 5 Conclusion</p>
<p>Step 3 Evaluation</p> <p>During the week I was able to follow two different nurses. I was skeptical of the actions of one of the nurses as it felt as if she was mostly there just for the patient’s med pass. I never witnessed her assess the patients or have eagerness to help. The second nurse was very thorough and willing to help with ADLs and I was busy following and helping her, which I enjoyed. I was also able to transport a patient to the Diner’s Club and witness lots of therapy with the patients. It was good to observe as the therapists and patients have great rapport.</p>	<p>Step 6 Action Plan</p> <p>Again overall, it was really good exposure as a student to see a different facility other than acute care. Something I was taught while being there was the difference building rapport with your patient can bring in the wellness of their care. Most patients seem to enjoy the time spent in therapy and it was also a time where they could socialize.</p>