



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>My patient was a Male 84yr I believe. He was in the hospital due to Urosepsis. He was confused and not in any pain he was also a fall risk due to confusion. His WBC was elevated and his BP was elevated as well. He did have history of HTN and a CVA three months ago. His platelets, Hemoglobin, and Hematocrit were all low as well. I was his nurse coming into the morning shift and taking over his care.</p>	<p>Step 4 Analysis</p> <p>I felt prepared because this is what we learn to do every day. We learn how to give our patients the best care possible. School teaches us how to keep them safe and prevent accidents from happening. We learn how to care for a patient who is confused and a fall risk by following protocols.</p>
<p>Step 2 Feelings</p> <p>I was extremely nervous and did not know what to expect. Being able to review his chart before and critically plain his plan of care prior to seeing the patient helped. Seeing people outside in the hall way who had to re-do their scenario made me even more nervous. I did feel a little more at ease walking in and just glancing at the room before I also started.</p>	<p>Step 5 Conclusion</p> <p>I feel I did good and I really enjoyed everything about the scenario. I wouldn't change anything about it.</p>
<p>Step 3 Evaluation</p> <p>I enjoyed the scenario and all of the little things I had to figure out as an nurse for my patient. The hardest part was making sure I did not miss anything important. Being able to nurse out loud really help and having the patient respond also helped. I feel I did well only because I do those things every day we go to clinical. It was just more stressful because we were being watched and graded.</p>	<p>Step 6 Action Plan</p> <p>This CPE was fun and really showed me how comfortable I am with the patient and how much I have learned over these last four modules. I know I will apply all of what I learned to every day clinical with my patients now only because it emphasized how important safety is for our patients.</p>