



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 <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 • 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 eg. 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.

Step 1 Description My patient was admitted with urosepsis and was running a fever and needed antibiotics to treat the infection. The role I played was the nurse and I had to use my critical thinking skills and knowledge of patient safety.	Step 4 Analysis During clinical I am always giving meds with a nurse or instructor, so I was able to apply that to this scenario. And from module 1 we have always gone over patient safety so that it just something that's stuck with me and I could apply it to this.
Step 2 Feelings At the beginning I was feeling very anxious and nervous. I almost felt like I didn't know what to do even though I did. As I started the scenario, I felt more confident. The feedback I got at the end also made me feel a lot better and more confident.	Step 5 Conclusion I could have been less anxious and just stayed calm and take things slow. I learned that I know the things I think I don't. I need to be more confident because I know the things I have to do and I just need to perform them with confidence.
Step 3 Evaluation I was good at my time management and critical thinking about choosing what medications I thought would be best for this patient. I thought I was going to run out of time and not be able to finish what I needed to but I actually finished with good time.	Step 6 Action Plan Overall, I think this went really well and I did a lot better than I thought I would. For future CPEs I will be more confident and not work myself up so much. I will be confident in my knowledge and skills.