



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 maintain patient confidentiality. 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 (e.g. 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.

<p><b>Step 1 Description</b></p> <p>What happened was my patient was diagnosed with urosepsis and I was there as their nurse. I played the role of getting pertinent information on them before I was to give any medications.</p>	<p><b>Step 4 Analysis</b></p> <p>A broader issue that arose from this event was that I tend to move faster instead of slower under pressure and I don't really think things through as much if there's a time limit. I try to accomplish everything I need to and forget about little important details here and there. Some other people's experiences were similar to mine since I know of another person giving their IVPB from the wrong hub because the main hub above the brain was hidden behind the pump. Different perspectives allow me to grow and think as others think if it helps me to improve my skills as a nurse.</p>
<p><b>Step 2 Feelings</b></p> <p>I felt nervous yet confident going into the room on what to do. I was thinking about my work flow and how I should do things, ask things, and fix things in a certain order that would help me to perform efficiently. The event felt pressuring since I had a time limit and any small mistake would mean I would have to redo my performance.</p>	<p><b>Step 5 Conclusion</b></p> <p>I could have made the situation better by checking my lines on the pump straight to the source and by also having more practice with IVPB medication administrations since I rarely give them at clinicals. I learned from this event to check the lines of the tubing and the drop rate. I noticed the drops were fast before I ended my performance but my lack of experience in general just assumed that was normal.</p>
<p><b>Step 3 Evaluation</b></p> <p>What was good about the event is I learn from my mistakes made in the event. What was bad is that those mistakes cost me some points on my grade. Everything was easy and nothing was difficult except for hanging and spiking the IVPB. The main line of the IVPB was hidden behind the pump which is essentially what threw me off and caused me to panic and give the IVPB medicine bolus.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think the overall situation was good. I can conclude that performing under time limits is difficult if we feel like any small mistake will cost us our grade. It would be different if it wasn't graded and we were able to learn from our mistakes before taking an exam that cost us if we made mistakes. What I would do differently is make sure my tubing is in the right place. I did my 3<sup>rd</sup> checks and everything was good but I gave the IVPB the wrong way. I will use this experience to further improve my practice in the future by making sure I don't attach my medicine tubing below the brain if it is an IVPB that is capable of being administered through the use of the machine.</p>