



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>During my CPE I accidentally punctured the wrong port of the IVPB medication. This caused me to take up even more time that I didn't really have due to me taking up a lot of time already due to providing too much patient education.</p>	<p><b>Step 4 Analysis</b></p> <p>I think from my perspective I just felt really down about the situation itself and overall, however, for example Mrs. Heinrich's perspective was for me to use it as a learning experience. After she told me that it really made the next go around a lot easier, I was able to just learn from my first time and make changes that allowed me to be successful. I think without her perspective I would have been more nervous and anxious about the second try due to being so down about my first one.</p>
<p><b>Step 2 Feelings</b></p> <p>When this happened, I knew what I did wrong, and I honestly felt so disappointed. I was able to correct myself but during and after all I could think about how disappointing a mistake like that was for me. I knew how to prepare the medication; I think I may have just mind-blanked and allowed my stress and anxiousness to get the best of me in the moment. I was relieved once I got past it because I fixed my mistake, but ultimately I was pretty shut down because it did cause me to run out of time.</p>	<p><b>Step 5 Conclusion</b></p> <p>When the situation happened, I could have just been more relaxed and taken a deep breath to calm myself down before continuing. I think a part of the reason it took up so much time was that I allowed myself to get flustered which caused me to be hesitant in my next steps after the mistake happened. From this event I've learned that these things can happen even if I do know how to perform them, it's how I respond to them that matters.</p>
<p><b>Step 3 Evaluation</b></p> <p>The good thing was that I was able to correct myself completely and provide an explanation for the correction. The bad thing that came out of it was that I had to repeat the CPE due to the time it caused me to use. This incident and me talking more than I needed to, used up my time and it was disappointing in the end when I had to repeat.</p>	<p><b>Step 6 Action Plan</b></p> <p>This event has taught me that this type of mistake can happen, but for my future practice I know how to respond to it and how to fix the situation. I also learned that I can't always get down about things like this because it can and will happen, but it isn't a negative thing as long as I use it as a learning experience to better myself next time.</p>