



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><b>Step 1 Description</b>                  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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives                      eg. personnel / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b>                  Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice? about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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>I was the nurse during CPE giving levofloxacin. I misread the situation and only gave the IVPB instead of adding the lisinopril as well. I gave the levofloxacin because of the high WBC and it was given daily but I misread the lisinopril medication to give when systolic is less than 95.</p>	<p>Step 4 Analysis</p> <p>Next time I need to just breath and not read over the information super fast which caused me to misread the order to give the lisinopril. Not letting my anxiety get to me is something I need to work on to not make that mistake again. If I would've slowed down I would've caught my mistake and given the lisinopril as well.</p>
<p>Step 2 Feelings</p> <p>I felt like I was doing good and did everything correctly. Then when I was done with the CPE I found out I didn't give the Lisinopril like I should have and was devastated. I didn't give both the medications, instead I chose the medication that I had thought had higher priority. It was a good learning experience that is making me into a better nurse.</p>	<p>Step 5 Conclusion</p> <p>I'm a visual learner so if there was a video to see how the whole CPE was going to be graded/done it would've helped a ton. I think that would've helped a lot with second guessing. Maybe extra time would help next time just because you feel rushed and want to make sure you don't miss anything.</p>
<p>Step 3 Evaluation</p> <p>I did everything correctly and paid extra attention to safety. The only thing I missed was giving the other medication. I like SIM/CPE because you have the chance to mess up and learn from your mistakes rather than make those in the hospital on a real patient. Safety is a big thing to me because I want my patients to always be safe in my care.</p>	<p>Step 6 Action Plan</p> <p>This experience is going to help strengthen me as a nurse by making myself slow down and not second guess myself. I would much rather make mistakes now rather than make all my mistakes when I have my license, because making them now is giving me experience and what not to do in situations.</p>