



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><b>Step 1 Description</b>                  Pt came into the hospital with Urosepsis. Pt was transferred to me on the medurg floor where I am a nurse and was due for 3 medications at 800 and needed 1 PRN medication for fever. I went in to assess the pt to get a good look at them and to perform an IV site check and swallow test prior to giving the medications. After assessing the pt, I proceeded to give 1 of the 3 scheduled medications (levofloxacin) and gave the 1 PRN medication (acetaminophen). 2 of the scheduled medications were not in criteria to give (lisinopril, pts bp was 90/60; clopidogrel, plts &lt;100). Pt tolerated the medications well while I was in the room. I assured that the pt had all fall precautions and made sure the pt was comfortable and had their possessions and did not need to use the restroom. When I assessed pain, pt stated pain was a 2 on a scale of 1-10.</p>	<p><b>Step 4 Analysis</b>                  I applied my knowledge of pt care and medication admin from clinicals and pharmacology practice to this scenario. The theory that people who do not take care of an illness or infection sooner than later can end up in worse situations is extremely relevant in this scenario.</p>
<p><b>Step 2 Feelings</b>                  In the beginning I was a little nervous, but once I read the pts chart and understood what I needed to do, the nervousness eased a bit. The scenario made me feel more confident in my nursing skills. The instructors made me feel good when they stated that I did an excellent job. I am happy about the outcome of the scenario. The most important feeling is nervousness because that can really make or break someone who is not confident.</p>	<p><b>Step 5 Conclusion</b>                  I could have made the situation better if I would have had more time to talk to the pt and listen to their concerns, but that was not a part of this scenario. Next time, I will set up my IVPB before programming it into the pump.</p>
<p><b>Step 3 Evaluation</b>                  The whole event was great. There were no too difficult parts that I thought needed to be changed. This scenario made me think like a nurse and has prepared me well for the future.</p>	<p><b>Step 6 Action Plan</b>                  This scenario was great in making sure that we are being safe and that we know what to do. I think in the future I will try to be more confident because I know what I am doing, and I need to show it better. This scenario is exactly how it should be in the real world. We should always make sure that our pt is safe and comfortable while providing top notch care. I will remember this scenario and take it with me in my future endeavors.</p>