



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>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</p> <ul style="list-style-type: none"> • 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? 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> • 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)?
<p>Step 2 Feelings Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> • 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? 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • 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?
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • 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? 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • 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>Step 1 Description</p> <p>I entered the patient's room to check on them and ensure that safety measures were in place. I made sure that only the top two side rails were up and that the patient had on their fall precautions gown and non-skid socks. Once I ensured safety and asked the patient about pain and any needs they had, I left to retrieve their medications. I returned to the room, educated the patient about their medications, administered the meds, and asked about any needs the patient had before leaving.</p>	<p>Step 4 Analysis</p> <p>I applied clinical judgment when determining which medications the patient needed at that moment and which ones need be held according objective data collected.</p>
<p>Step 2 Feelings</p> <p>Before entering the room, I was nervous and anxious. When I first visited the patient, the nerves started to ease gradually. My confidence grew and by the end of my time with the patient, I felt accomplished.</p>	<p>Step 5 Conclusion</p> <p>I learned that it is important to always be aware of your patient and to make sure they are safe. It is important to be alert when entering the room and to make any adjustments.</p>
<p>Step 3 Evaluation</p> <p>The entire scenario was good. I did well with ensuring that safety measures were in place and medication administration. I felt really good with preparing my secondary piggyback medications.</p>	<p>Step 6 Action Plan</p> <p>I think the scenario is a great method to assess our ability to maintain patient safety. I would not do anything differently because I felt good about keeping my patient safe and giving them medications that was appropriate given the data provided.</p>