



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 eg. 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>After getting report from night shift the report I received was a male with urosepsis. There were a few medications to administer, and I needed to ask the patient some questions and conduct a pain assessment. I would also usually obtain vitals at this time too but those were already provided. This time, when I entered the patient's room, my primary concern was safety.</p>	<p>Step 4 Analysis</p> <p>I have personally experienced urosepsis so I think having some background knowledge and understanding how the patient felt truly helped me a ton. Prior to learning about it in class I already had a general understanding and it was definitely a benefit.</p>
<p>Step 2 Feelings</p> <p>At the beginning I was very nervous, I was thinking about which meds I was going to give and what meds I was going to hold, what I was going to ask my patient and look at. It was a lot of pressure and I felt really anxious that I was going to mess up and not ask and do all of the things I planned. I think I was feeling very concerned but in a good way, I think that's an important trait to have as a nurse because you can never be too worried about your patient. You always want to make sure youre doing the right thing and what is best for them.</p>	<p>Step 5 Conclusion</p> <p>I honestly think it went as smoothly as it could have. There isn't any change needed from either me or the other side of the simulation. It was a very good learning experience and I am glad I got to take part in it.</p>
<p>Step 3 Evaluation</p> <p>I think everything went very smoothly during the CPE, I tried to keep a level head and not get myself worked up, I treated it how I would treat any other patient interaction and I think that helped me a lot.</p>	<p>Step 6 Action Plan</p> <p>I truly felt like this even was a good refresher of everything we have learned through the program. It goes to show the safety part of patient interaction is very crucial to not only practice in a safe way but most importantly to keep your patients safe. It has taught me a lot of things that I will continue to use thoughtout nursing school and even when I go on to be a nurse.</p>