



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>One of the things that I have observed working with my preceptor is she would always ask questions to the mom about what they knew and explained the parts that they did not know, she was very educative to parents about what neonates need for them to be discharged the goal of their health. She was also doing a lot of teaching to new moms about bottle feeding babies in NICU to prevent aspiration. She was also good at explaining the SBAR to me because I was not understanding anything at first.</p>	<p><b>Step 4 Analysis</b></p> <p>In the Nicu what I have analyzed that they have more collaboration and team work. They help each other when one has full hands on. The other thing is teaching the parents on how to take care of babies, like bottle feeding bonding skin to skin and changing diaper and taking temp.</p>
<p><b>Step 2 Feelings</b></p> <p>At first everything was going first because I was new to the floor and did not understand anything, like when the nurse was giving SBAR I was very confused. Right now I feel confident of what the different types of milk are what volume and Calories they have. I also was not confident on my assessments in the beginning but as I did more shifts I knew what my assessments confide from.</p>	<p><b>Step 5 Conclusion</b></p> <p>In conclusion being a nurse in the NICU requires a lot of all rounded skills like good communication, how to assess baby if they are growing or declining. They mostly want them to eat more so that they can grow developmentally.</p>
<p><b>Step 3 Evaluation</b></p> <p>Overall I am getting the flow of what is it to be a nurse, it includes a lot of communication with everyone. A lot of teaching and education to mom and dad about taking care of baby after being discharged. The routine that they have at NICU has helped me know what to do at each time and made it very easy to progress. My overall evaluation is nursing involves everything I have to be an all rounded nurse, knowing how to be safe, how to teach, how to pass information ETC.</p>	<p><b>Step 6 Action Plan</b></p> <p>This experience at the NICU has taught me to be more communicative to the parents by teaching and educating about how baby is doing and understanding what they know and don't know. It has also taught me to document everything because we are continuously monitoring their intake and output to see if they are getting enough or if they need more. I also need to be very quick in documenting because I have missed a couple of things before like vitals and weight of the diaper.</p>