



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> Pt came into the ER running a fever with reports of delirium and a change in LOC, ER doctor admitted patient to the hospital with a diagnosis of urosepsis. He received the first dose of levofloxacin in the ER then I his nurse on the floor administered the second dose of levofloxacin at 500mg at 100ml/hr. I also administered his blood pressure medication lisinopril because he was hypertensive. Before giving him his medication I evaluated his surroundings and ensured that he was safe in bed, I raised his side rail and placed his bed side table next to him and placed his call light next to him. Before exiting the room, I ensure he has all his belongings and was in a comfortable position, I asked if he was in any pain or needed to go the bathroom before doing hand hygiene and exiting the room.</p>	<p><b>Step 4 Analysis</b> Urosepsis is a severe life-threatening infection that needs immediate treatment with broad spectrum antibiotics to treat bacterial infections. This infection can give a patient with normal LOC a complete change in LOC and cause them to be confused and have an increased risk in falls. Urosepsis is caused by bacteria entering the urinary tract, it can be from a kidney stone, catheter use, or UTI. Death can occur from urosepsis if not treated with antibiotics.</p>
<p><b>Step 2 Feelings</b> I was not feeling confident at all throughout the entire scenario, I had a plan in my mind based off of previous CPE evaluations and this one just through me off. I was prepared to do a focused assessment based off of a medication that I would have to give, but the entire assessment was done for us. I was not prepared to choose which medication to give, there was a list so based off of the list I was prepared to give at least 4 of those and only need to pick between the pain medication. Ultimately, I need to have more confidence in myself and not second guess every decision I make because I make the right one the first time.</p>	<p><b>Step 5 Conclusion</b> Theres nothing I think I would have changed about the situation, it was laid out great, I had plenty of time to plan and look over my paperwork, I was introduced to the room beforehand. I learned that I need to trust myself and my judgement a little more and have a little more confidence and not second guess my every decision.</p>
<p><b>Step 3 Evaluation</b> the scenario was laid out really good, I like how we get introduced to the room before time is started and get to make a plan before hand with paperwork. Safety is a big concern with this evaluation and they made sure to emphasize that with the bed and call light, to ensure that you really paid attention to those things. Only having 20 minutes was very stressful I felt like I was rushing to accomplish everything but in the end I still had a lot of time left.</p>	<p><b>Step 6 Action Plan</b> After going through CPE, it went well! I gave the correct medication to my patient verified all the pertinent data beforehand and administered all dosages correctly. This has taught me to verify everything before even bringing medication into the room, talk to the patient and introduce yourself, perform necessary assessments and then bring in medication required for patients plan of care.</p>