



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>Patient came in with urosepsis being treated with levofloxacin. I played the role of the nurse and administered the patient's medications, promoted safety, and did patient teaching. Resulted in great medication administration, but I failed to leave the patient's call light beside them upon my first exit to retrieve their medications.</p>	<p>Step 4 Analysis</p> <p>I can apply my medication administration knowledge to this scenario, and my clinical experience. It is important to know the adverse effects and patient teaching for medications prescribed to your patient. I expect many people's perspectives on the scenario were about the same, maybe a little nerve wracking, but also necessary to make sure we are being safe and doing these things correctly. The impact different perspectives can make is important because if everyone feels a certain way about something specific then maybe that can be worked on in the future.</p>
<p>Step 2 Feelings</p> <p>I felt very anxious at the beginning and kept thinking about all the things I was supposed to do while in the room. This gave me a great outlook on real hospital situations and helped me gain a bit more confidence even though I had to repeat the safety portion. I was disappointed in myself for not noticing the call light in the beginning, but I think the greatest thing to take away from this is that I learned to be more observant and fix that.</p>	<p>Step 5 Conclusion</p> <p>I could have done better at organizing my thoughts before I went into the room. I don't believe anyone else in the scenario could have done a better job, I feel as though it was executed very well. I have learned to not let my nerves get the best of me and be more confident in myself through this event.</p>
<p>Step 3 Evaluation</p> <p>A good thing about this event were the lessons I learned, being the mistake, I made, and a bad thing was that I did not notice the mistake from the beginning. A difficult thing about this situation is the anticipation and pressure of being watched while performing these activities, but an easy thing about this is how we are more prepared than we think. My medication administration went very well, and Mrs. Heinrich did a great job of teaching me about what I did wrong and what I did good after the scenario was over.</p>	<p>Step 6 Action Plan</p> <p>In conclusion, I believe this scenario helped me realize I need to gain more confidence, not be so anxious because this is what I will be doing as a career, and better myself with organization skills. Next time I would just try to breathe and tell myself I know what I am doing. I can use these lessons that I learned and apply it to real life scenarios for my future nursing career. This has taught me that it is very important to know what you are doing when going into a patient's room every single time, to have a plan, and to think clearly and not get yourself too worked up about these things.</p>