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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</p> <p>During my clinical skills check-off in the simulation lab, I was performing safety and medication administration skills. I successfully passed the check-off and demonstrated competency in these areas.</p>	<p>Step 4 Analysis</p> <p>From previous modules, I've learned to give myself grace and noticed how much my confidence has grown. This showed me that practice is paying off. I walked away from the experience with more knowledge of the small things that make a big difference.</p>
<p>Step 2 Feelings</p> <p>At the beginning, I was nervous and worried about making mistakes. Once I completed the check-off, I felt relieved, more confident in my abilities, and proud of the growth I have shown since starting the program.</p>	<p>Step 5 Conclusion</p> <p>I could have slowed down a little more and been more natural in my patient-nurse interaction. I also could have paid closer attention to details on the IV bag, which would have helped me avoid unnecessary extra steps. I learned that managing my nerves and pacing myself can improve both accuracy and confidence.</p>
<p>Step 3 Evaluation</p> <p>The process turned out to be easier than I expected and not as complex as I originally thought. What went well was that I passed and completed the skills correctly. However, my nervousness made the experience more difficult than it needed to be, and I realized I need to work on staying calm during evaluations.</p>	<p>Step 6 Action Plan</p> <p>In the future, I will make sure to read the IV bags to understand what medications are already mixed and plan my steps more efficiently, so that I do not have to check the compatibility chart. I will also set everything up for the piggyback beforehand to avoid pausing and save time. These strategies will help me with time management, confidence, and patient interaction in future clinical experiences.</p>