



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>Step 1 Description</p> <p>I was the morning shift nurse in this scenario, about to give morning meds to my patient. I needed to walk in to assess my patient first, to determine if they needed pain medication and if all safety precautions were being followed. As a result, I determined they did not need pain medication, and instead gave them what was necessary, and provided safety precautions.</p>	<p>Step 4 Analysis</p> <p>Understanding the 7 rights of med admin was very relevant and important in this situation, in order to safely give the proper medication and to give the correct amount. By not properly following the 7 rights, it could be very dangerous for the patient, because the incorrect medicine could be given or the incorrect dose.</p>
<p>Step 2 Feelings</p> <p>Entering the room, I felt that I needed to ensure safety before anything, due to the patient's side rails being down and their call light was nowhere near them. Once I ensured safety, I went to pulling medications and getting everything set up to enter the patient's room again. I felt very confident throughout the scenario, because I feel that this this is things we do a lot when we go to the hospital, so I was very confident in my skills.</p>	<p>Step 5 Conclusion</p> <p>I think I could have been quicker on assessing the patient and getting to the med room with enough time to give all medications quicker. I could have also been so efficient when pulling meds instead of going at a slower pace. I did learn that with these types of simulations, you must be confident, and the skills will speak for themselves.</p>
<p>Step 3 Evaluation</p> <p>I felt the scenario went good, and as planned. I think that recognizing what safety was missing and fixing it immediately was very important and went good for me. What was bad, was I almost incorrectly hung the IVPB by not lowering the primary fluid, but I corrected the mistake quickly.</p>	<p>Step 6 Action Plan</p> <p>I believe that this is very important for the future, with patient care, especially because medications is a key role in what we do. Also by having less time in the scenario, it teaches you to be focused on the assessment and goals to treat every patient that you have. I will be using this for the future, especially spiking the IVPB in the med room to be quicker in the room with a patient.</p>