



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>Pt arrived to ED with fever and confusion, ended up being diagnosed with urosepsis and treatment was initiated. When I arrived, the patient's fever was broken, BP was low, and other vitals were regular. I continued the patient's antibiotic therapy and gave clopidogrel and ensured fall precautions were in place.</p>	<p>Step 4 Analysis</p> <p>I applied all of my knowledge I have learned from the last 4 modules in order to make the correct critical thinking decisions needed in this simulation. One specific thing, even though I did not give pain meds, was I knew not to give morphine with the BP being 90/60 due to SIM with Mrs. Burnett.</p>
<p>Step 2 Feelings</p> <p>I was a little nervous stepping into the room, as I always do in skills tests. But, having Mrs. Coulombe as my proctor calmed my nerves and made me feel more confident, as she has been with me on Hope 2 all module. Overall, the simulation went good and I even finished with time left, definitely my best CPE performance yet.</p>	<p>Step 5 Conclusion</p> <p>I honestly do not think anything needs to be changed or different, I overall thought it was a great scenario that makes you really focus on the basics of everyday nursing. This situation has taught me to slow down and make sure I do the basic nursing principles.</p>
<p>Step 3 Evaluation</p> <p>Everything went pretty well in the simulation; I came well prepared and knew what I needed to do. The only little hiccup I had was I almost forgot to ask for name, DOB, and allergies in the beginning of the scenario, but I caught myself and saved my CPE.</p>	<p>Step 6 Action Plan</p> <p>This was a great CPE, and I do not think anything needs to be changed, it really makes you slow down and make sure you are doing the fundamentals we learned in IM1 & 2. I will definitely be able to use certain things from this scenario in my later practices, like how to decide what medications to give under certain circumstances.</p>