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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 Description</p> <p>The Pt presented with urosepsis, pain at a 2 out of 10 and a fever of over 101, they were prescribed and given acetaminophen, NS 0.9%, and Levofloxacin. I played the role of the nurse and assure their safety, confirmed their pain, ensured their 7 rights of medication administration, then administered the medication to the patient. The result was the patient's infection being effectively treated, and temperature being lowered.</p>	<p>Step 4 Analysis</p> <p>I can apply the essential part of scrubbing the hub for 15 seconds, something that I had learned in module 1, is just as important now as it was back then. Aseptic technique remains to be a very crucial part of protecting the patient from infection and sickness.</p>
<p>Step 2 Feelings</p> <p>I felt anxious at first, but throughout the clinical experience I became more confident and recalled all of what I had practiced and studied. After the experience, I had felt disappointed in what I had missed, but I felt confident that I had only missed one step out of the whole experience.</p>	<p>Step 5 Conclusion</p> <p>I could have made this situation better by slowing down, and taking a few deep breaths. Because I could have gotten full credit and passed on the first attempt if I had remembered to scrub the hub of the port o the IVPB, but now I know that small skills such as that are just as important as the more intricate skills.</p>
<p>Step 3 Evaluation</p> <p>The entire experience and opportunity to demonstrate and practice our skills was great. Although is was a slightly unnerving, it was a confidence builder and reminder of all of the skills, information, and knowledge I have gained up to this module.</p>	<p>Step 6 Action Plan</p> <p>I think overall about this situation it is a great opportunity to test out and receive feedback on what we are strong in and what we are week in regards to our clinical skills, communication, and retention. I enjoyed this CPE, and felt much more confident and sure of myself compared to my CPE in Module 2.</p>