



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><u>Step 1 Description</u> I was in the SIM center around 1000 when I walked into the room with my scenario. My instructor was present and I performed everything as I was instructed, but then I ran out of time. I had given my oral medication to my patient already, but my time ran out in the middle of my IVPB administration. I had to come back and give my IVPB medication again, and passed.</p>	<p><u>Step 4 Analysis</u> I have learned that my nerves and anxiety impact my performance immensely. Because I was so nervous to miss something, I kept double checking myself and didn't multitask when I should. This caused me to run out of time. When I gained more confidence during my second scenario, I went much quicker and didn't miss anything.</p>
<p><u>Step 2 Feelings</u> At the beginning of the simulation, I was extremely nervous. During the simulation I was still nervous but feeling slightly more confident. After the timer went off, I just felt disappointment in myself even though my instructor was very encouraging. The second time I attempted my situation, I felt much more confident, but wished my grade reflected my skill level. Overall, it wasn't the best experience, but it helped me become a better nurse.</p>	<p><u>Step 5 Conclusion</u> I could have focused on the knowledge that I possessed and trusted in it, so I could have saved time not second guessing myself. I also could have clustered care more which would have aided in my lack of time management.</p>
<p><u>Step 3 Evaluation</u> The simulation was good because it challenged me to critically think through things. Overall, it went well because I did not make any mistakes with my care of the patient. I simply ran out of time. Next time, I will make sure to watch my time.</p>	<p><u>Step 6 Action Plan</u> Overall, I am proud of myself for what I have accomplished through this. I am relieved that running out of time was my only mistake on this test. I will carry the advice of my instructor with me as I go which is "take your time and really think about what you're doing next."</p>