

Covenant School of Nursing Reflective



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 eg. 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?

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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 This week in CPE I used the information I was given about a patient to then interpret what was going on with my patient. The patient was admitted for urosepsis. I then used critical thinking to determine what assessments were the most critical that needed to be done. I also reviewed my EMAR and provider's orders to determine what medications were safe to give at that time. I ended up passing my CPE after my second attempt.</p>	<p>Step 4 Analysis I definitely will develop a routine of scanning all medications first before teaching about my medications. The first time I did my CPE, I scanned one at a time and spoke about each one. Scanning all my meds at once will ensure that I do not forget to document that a medication was administered. I am going to be more aware of this during medication administration. I think it is important to learn these things as you go along so that you do not make the same mistakes again.</p>
<p>Step 2 Feelings I was extremely nervous and anxious about CPE. I was worried that I would make a fool of myself in front of my instructors. I did embarrass myself during the first attempt. I did get to redeem myself in a second chance, and I was a lot calmer. I did not stress about the time limit and remembered to scan all my medications. It was also reassuring when I waiting to be called back when I was surrounded by a lot of my peers. It was nice to know that I was not alone. I did make mistakes throughout today, but my perfectionist self is coming to realize that it is about striving to be better. If I did not strive to be better or learn from my mistakes, then I would just become content with my mistakes.</p>	<p>Step 5 Conclusion I did really well on my assessment. I wish I had gone a little bit faster on it so that I would have had more time for preparing and administering my medications. I will definitely be more mindful of this from this point forward. I always want to be aware of what I am doing even when my mind is on other things. It is so crucial to maintain aseptic technique and provide a safe environment for my patients. Patients in the hospital are critical and should be handled with utmost gentle care.</p>
<p>Step 3 Evaluation I chose to do a cardiovascular assessment and a neurological assessment on my patient. I chose to do the cardiac assessment because my patient's blood pressure was low, some of his labs were low, and my patient had a history of a CVA 3 months prior. My patient was confused so I wanted to assess him neurologically. I believe I was correct in a lot of my rationale of holding certain medications. My patient's blood pressure was extremely low, so I held his blood pressure medication. I also held clopidogrel because his platelets were extremely low. I struggled with being anxious as I was being evaluated by my instructor and a future instructor. I did not expect myself to freeze up as much as I did. Overall, I am now able to see need for improvement but also am proud of myself for the things that I did perform well on.</p>	<p>Step 6 Action Plan I found that the CPE tested and challenged me mentally in all the right ways. There were definitely some high and low points I did struggle when being put on the spot. I lacked some confidence that I hope to grow out of a little bit through more experience. I did make mistakes and was stressed out about my time limit. I know that there will be fast-paced and high-stress scenarios similar to this that I will have to respond to accordingly. I found this whole experience to be beneficial where we were allowed to make mistakes when the stakes are not so high. This will help equip me for when I work with real patients when I start working as a nurse. I am thankful for opportunities of growth so that I can strive to be the best nurse I can be.</p>

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