

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. personal / 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 I had my CPE on Wednesday, November 12, 2020. During my exam I was able to put into use all of the knowledge/skills I have learned so far up to module 4. I utilized my practice of focused assessments such as, neuro, neurovascular, and pain. I was in one of the simulation rooms at the simulation lab. I was using one of the simulation situations set up by the professors that are meant to test the progress of our learning in nursing school. There were two professors in the room that were evaluating my actions during the scenario. At first, I did my assessments on the patient to determine their baseline, as well as what meds I would need to give that day. As well as my focused assessments, I did a foley, and IV assessment which both checked out good. After these evaluations and performing red rules, and 4 p's, I left the room to gather the meds that I was going to give to the pt. I collected levofloxacin and clopidogrel. These two meds were ordered; one was for treatment of the bacterial infection, and the other was a blood thinner that was used as a precaution due to the pt history of CVA. I verified the pt and scanned the meds and gave teachings. The pt had no problems taking the PO med, and then I hung the piggyback medication at got that running into the pts IV line.</p>	<p>Step 4 Analysis I can apply my previous knowledge that I have learned to the simulation experience given in this example, in order to provide excellent and efficient care. Every lecture or clinical experience that I have had before this is relevant to this situation, because these are the areas that I get all the tools that I need to perform well, in other words, provide excellent care. I believe that a lot of my peers' experiences are very similar to mine. I believe this because I believe that we all go into this simulation experience with some level of nervousness, or worry, that we will not perform well. This is extremely heavy and weighing on us because I feel that failure in these simulation experience brings on thoughts of failures of us as nurses on a whole level. This can bring up some issues, because it may not always be cases that we are making bad decisions, it could just be that nerves get the best of us, and we are forgetting things that we don't normally do. It is odd to me that we are more nervous going in to provide care to a non-real patient versus a patient who is very real. I think if we keep the same level of confidence in the simulation experiences that we do in clinical care, then we wouldn't have as much to worry about as we think we do.</p>
<p>Step 2 Feelings At the beginning I was feeling extremely nervous and I was trying to calm myself so that my nerves didn't cause me to make any mistakes. I was thinking that I was overthinking everything, and that I needed to calm down. I reminded myself that I was equipped with all of the skills and knowledge that I needed to be successful in my CPE. The event made me feel very happy that I have this opportunity to test my skills and progress along in nursing school. I was glad to have reviewers, who were watching me intently to evaluate my nursing knowledge and skills, in order to give me feedback to help me continue to grow. The feedback of the instructor made me feel confident in my abilities. I felt relieved after I was given the results of my CPE. The pressure of preparing and fearing that I would fail had left. I still had a little nervousness that I had somehow forgotten something even though I had already met the outcomes. It takes a while for the anxiety to go away. The outcome made me very happy, and grateful for the school that I am in, as well as the progress I have seen in the things I have learned since first getting into nursing school. The most important feeling that I had was the confidence in knowing I am learning something, and I am able to be a successful, caring nurse.</p>	<p>Step 5 Conclusion I could have made the situation better by taking even more time to prepare such as, scheduling time in the SIM lab, or practicing different scenarios on my family members on a weekly basis. Everyone around me that day was supportive. I think that it would have all made it better for each of us to have more words of encouragement going into our CPE, rather than just keeping to ourselves or stressing about what things we should remember to do as we prepare. In turn, I could have done something differently by putting my things away and instead of constantly reviewing, I could have seen how I could serve my peers in terms of words of encouragement or possibly prayers for calmed nerves. What I have learned from this event is that everyone there is just as nervous as me, if not more so. So, if I know of a few things that help me or encourage me then maybe I should share them with my peers so that they have a great shot of being successful and not tripped up by nerves as well. I also learned great tips from the instructor going forward about what I should keep in mind, or what I did well on, or what areas that I could improve in. This the most nervous that I have been, so the greatest things I learned was the nerves do not help!</p>
<p>Step 3 Evaluation What was good about this event was that I got a "met", which means I get to continue on with this course and nursing school. What was bad was probably how nervous/anxious I was. I know that nerves cause a lot of anxiety which in turn can cause a lot of unnecessary errors to be made. What was difficult was remembering all of the little things that are important in pt care. There is teaching, verifications, safety rules, etc... There are many things that come into play that can either add to a patient's great care or put them at risk for harm while under my care. What went well was the overall CPE; I was able to meet all of the necessary requirements in the time allotted. What I did well was remembering the little points, as well as the big points. The instructors who were reviewing me did a great job taking notes and critiquing me, in order to help me become a great nurse. At first, I did expect a different outcome. I was psyching myself out that I wasn't going to do well because it had been months since I had last been in a simulation experience. I had expected to not meet the guidelines for CPE, therefore fail. I just went into the room and did my best to remember that I had all the tools I needed to be a nurse to provides great care. It helped to remember that I have done these same things in real scenarios at clinicals.</p>	<p>Step 6 Action Plan Overall, I think this is another great experience to add to the books when it comes to nursing school. I am thankful for the strict guidelines when it comes to being evaluated, because it leaves little room for error, which in turn helps me grow as a nurse. I can definitely conclude that anxiety is a huge factor at play when it comes to making mistakes or forgetting things that I might not normally forget. I have to remember to let that go. Next time, I might remember to make time to schedule some practice in the SIM lab prior to CPE, because this might help take some of the nerves away. I can use the lessons learned, and the advice given toward my next experience in CPE. I can also use this as a lesson learned to make sure I schedule that time in the SIM lab to make sure that I am in good practice by the time that CPE comes around. I can also apply these preparation skills to other events, such as times at clinicals. This CPE taught me about professionalism because I have to be mindful of the other people who are still taking their CPE. To be professional I do not tell anyone else what they should expect, and I also do not harass anyone about how they did or go bragging to people if I might have done well one time. This is in respect to everyone time and experience in CPE. I will use all of these experiences in the future to provide the best care possible to pts.</p>