



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.

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| <p><b>Step 1 Description</b><br/>                 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul> | <p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives<br/>eg. personal / patients / colleagues?</li> </ul> |
| <p><b>Step 2 Feelings</b><br/>                 Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>  | <p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>   |
| <p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>   | <p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>  |

# Covenant School of Nursing Reflective

Student Name: Elizabeth Velez

*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.*

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| <p>Step 1 Description- In the simulation lab this week. I learned how to prioritize assessments and to think differently going into a patient's room. I also learned that a patient's status can go down very quickly so it is very important to recognize signs of things going wrong to be able to effectively treat the patient.</p>                                | <p>Step 4 Analysis- I will apply what I learned in simulation in my future nursing career. This really helped us to start thinking about the big picture and to spot the little things that can eventually cause harm to the patient if not caught in time.</p>  |
| <p>Step 2 Feelings- -I was nervous at the beginning of the simulation because I haven't worked with babies before and didn't know what to expect. The simulation was very educational and was a good experience. After the simulation when we had our discussion I learned so much. The instructor also did a great job for this simulation she was very positive.</p> | <p>Step 5 Conclusion- - I learned that there is always room for improvement and opportunities to learn. I also learned that SBAR is very important to use when communicating with other health care professionals regarding patients.</p>  |
| <p>Step 3 Evaluation- I liked that we got to see each other learn and grow. We got to see how other students did their assessments and thinking and we got to learn from what they did good and also where they could have done things differently.</p>  | <p>Step 6 Action Plan- Overall the simulation was very helpful and educational. I enjoyed it and appreciated the time and effort that was put into it from the instructor to make sure that we learn. I also liked how the instructor was very nice and calm throughout the simulation. During the discussion, she had kind words to say about what we did right and where we can improve in the future.</p> |