

Covenant School of Nursing Reflective Practice



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. <u>Remember to 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' perspectives?
<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 During our CPE, we our given scenario like we would in a clinical. The patient I was given was diagnosed with urosepsis. I went into the room with a patient and three instructors. When I walked in, the patient's side rail was down. I made sure to lift it up for the patient's safety. Patient was very confused. They did not know where they were at. I chose to do a focused neurological system. Patient was able to move all extremities. She just did not know where she was at, and she mixed her birth month a few times. It was time to give patient her medications. Patient is usually on blood thinners and a blood pressure medication, but patient systolic was below ninety and their platelets were below 100,00, so I chose to hold those medications. I gave patient her antibiotic and acetaminophen because her white blood cells were elevated along with her temperature. After completing, I felt confident, but I was still scared that I missed something. I finished and came back into the room for them to inform I passed.</p>	<p>Step 4 Analysis I enjoy our CPE, and I am fortunate that we have our simulation center to practice. Sim is a great way to learn and help with successful nursing outcomes. It prepares us for clinicals, and CPEs are a way to show what we have learned and what we are capable of doing. Even though it scares me, I know they just want to make sure we have a patient's care and safety in mind.</p>
<p>Step 2 Feelings Any time I do a graded CPE I am always nervous. The fear of failing scares me especially when I really need to pass. There is a big difference doing these task constantly in a clinical setting than doing it with three instructor looking at you. It is scary to miss one thing because than there is a possibly that you fail. Preparing for CPE I felt confident gathering my information and practicing my assessments. I made sure to get rest to feel prepared. When they called my name, that is when my stomach dropped and I got nervous. I feel like I completely black out when doing these graded CPE's that I do not know what I actually do, and if forgot anything.</p>	<p>Step 5 Conclusion I feel like if I would have relaxed, I could have done better and felt more confident. I also may just be doubting at how good I do. I feel like the instructors did a great job being in the room. I know they have to be strict, so it is hard to want anything out of them. Anytime they are watch is nerve-wracking. One thing that I can do better, is to remember what I learn in class rather than what I am seeing in clinicals. Not all the nurses have the same routine and sometimes it is not always the best. Practicing what I know will help make things more routine.</p>
<p>Step 3 Evaluation I feel like I could always do better when asked. My thought is there is always need for improvement and learning. One thing I could have done better is relax. I think I could have slow down and talked things out loud more. I felt like I did a great job thinking out loud when giving medications. Medication error is one of my biggest fears, so I try extra hard to not let that happen. I felt like I did good on my neurological assessment. I always am proud of passing, but I try really hard to know what I am doing and not follow my paper. I wrote down notes, but I want to get in a habit of doing these things where it becomes natural. I am glad of the outcome because like I said I blackout and do not remember if I missed anything or not.</p>	<p>Step 6 Action Plan For the future, I will remind myself to relax. It is something that we do on a weekly basis. Each time I am in the simulation or clinical setting, I can write down pros and cons, and continue to improve to help with the next CPE. Not only the CPE, but how I want to be the best possible nurse to all my patients.</p>