

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</p> <p>CPE in nursing school is can be a whirlwind at times and others can be smooth and hassle free. I took on the role of the primary nurse and had a patient with Urosepsis. I had not 2 but 3 individuals monitoring my every move during my first trial run which time expired midway through my medication administration. I felt as if all was going smoothly, though I happened to explain and go to far in depth with teaching that took a lot of time. Ultimately, I had to return for my second attempt which seemed to be much more pleasant. Have less eyes monitoring you and the attitudes of those during my second attempt helped ease my nervous. I had successfully completed my second attempt for my graded CPE.</p>	<p>Step 4 Analysis</p> <p>I feel the reality of expectations within observers can be different in certain aspects of CPE. Being safe is the most important part of training scenarios. I am grateful for the amount of time put into the instructions and lessons within the module. Though, the attitudes within students and instructors can hindered one's view on expectation of the duties as a nurse. Some may feel certain duties and performance are more critical than others which is fine, but multiple views and instructions can make one second guess their own performance. You just have to do your best but always remember that the safety of the patient is the most important duty as a nurse.</p>
<p>Step 2 Feelings</p> <p>During my first attempt, I went in knowing my job and task at hand. I felt confident in my approach and feel I had the adequate amount of training to come out successful. I did happen to ask a question regarding the time to know which medications were needing to be administered. The only time stated on the scenario folder was 0700 when vitals were taken. Me being a task oriented person and needing specific details felt it was a honest question. I was just told, "you should assume and already know" and "I told you the time before you started", which was false because I would have documented the time. From then on in my first attempt, my focus had been altered and the whirlwind started. I was able to gather myself, but unfortunately time had lapsed. During my second attempt, my original question of "what time the scenario took place at" with no hesitation and I was able to fulfill the task at hand without the feeling of being incompetent and lack of preparation within the ambient air of the room. I am grateful for the second attempt and the positive attitude of those observing.</p>	<p>Step 5 Conclusion</p> <p>I believe I did well though out both attempts at CPE. I could have asked more questions since I am very detail oriented which would have given me more clarity during my first attempt. When in that situation, the student mostly wants to get in and get out due to the anxiety of high expectations. Even though I felt very confident going in, inner feelings quickly escalated which through me off my goal. I feel that my notes were efficient enough during report which allowed me to draw up the correct medications. I could have changed done better at not getting tunnel vision at one task and been better at multitasking to be more time efficient.</p>
<p>Step 3 Evaluation</p> <p>In my first event, I feel the my entry, teaching and assessment were spot on. I felt confident and ran through them with ease. It was getting over the hump of humiliation that was difficult though I was able to overcome it and continue. Time just ended much quicker than anticipated. My second attempt, I feel went much faster and more efficient. I do appreciate the communication between the patient (which was the instructor) and the tone of voice through the scenario. It may not seem that tone is a big deal, but one can hear the tone of disappointment and lack of interest in the voice of those observing as I experienced in my first attempt. I did not feel that at all my second go around.</p>	<p>Step 6 Action Plan</p> <p>All in all, I do feel that I gained valuable experiences with BOTH CPE attempts and grateful for the experience. They will allow me to reflect on what went well and challenge myself to do better in the future. I know I will need to improve my performance in a timely manner and also learn to be better at multitasking. I am not one to have hard feelings or hold a grudge. I learn from my mistakes and the attitudes of others. It helps my adjust to different personalities and grow as a person. I plan to utilize all that I have experienced this module. I also hope to steer other students in a positive direction if and when they also have similar experience. I believe the more assistance and positivity we can share the better chances of developing respectable nurses for the future.</p>