

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 I failed my first CPE attempt. After finishing my assessments and teachings, the medication administration did not go as planned. After hanging the piggy bag infusion, I only unclamped about half way.</p>	<p>Step 4 Analysis Technology cannot replace human eyes and skills. It is so important to double check machines and the items in from of you before moving on during patient care.</p>
<p>Step 2 Feelings I was extremely nervous for CPE. I began to feel extreme performance anxiety. When I hung the piggy back I even verbalized that the pump said it was running. In prior practice and in the clinical setting, the IV pumps are knowing for beeping when errors or lines are clamped. I had relied on this too heavily to alert that it was unclamped. I was very upset at myself for not noticing this error and moving on to my patient teachings.</p>	<p>Step 5 Conclusion Although it was upsetting and disheartening, I am now assured I will never make that mistake again. I have concluded that this was a learning experience that will stick with me.</p>
<p>Step 3 Evaluation I had most definitely hoped for a better outcome. After scheduling hours of independent practice in the SIM center and hours of preparation and practice the night before, I felt as though I was prepared. Ultimately I have now learned the importance of double checking and not relying on technology so heavily.</p>	<p>Step 6 Action Plan During my retake, I enacted the proper protocol and plans. I will carry this into the rest of my nursing career. It was a hard lesson to learn in this setting but ultimately this experience will benefit my future patients.</p>

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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.

Step 1 Description	Step 4 Analysis
Step 2 Feelings	Step 5 Conclusion
Step 3 Evaluation	Step 6 Action Plan