

# 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><b>Step 1 Description</b> 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 eg. personal / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b> 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>

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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><b>Step 1 Description</b></p> <p>This week we had CPE and it went great! I got to critically think about my scenario. Specifically, I got to think about the medications and which ones I needed to hold. There is so much thinking that a nurse has to do and that is why nurses have to be great at paying attention to little things like lab values. In other words, I had a great time during the CPE, and it felt so much like a real scenario. I appreciate the professors doing this for us. This was a great learning experience.</p>	<p><b>Step 4 Analysis</b></p> <p>I remember from the past modules about how to administer meds and how to make the patient comfortable every time you walk in their room. This was great to remember because I was able to use it during CPE. I feel like I memorized the red rules and 4 P's, which always comes in handy during CPE. There were no issues during the scenario, which was great because I was so nervous. I'm grateful for the information that I was given from the past modules.</p>
<p><b>Step 2 Feelings</b></p> <p>I was a little nervous about CPE because I always feel like I am going to mess something up and fail. However, I had a mindset that I was for sure going to pass. I wanted to believe in myself and that is exactly what I did. I think the most important emotion was stress because I did not want to fail. The outcome was great though and I realized that I was stressing out for nothing. This made me feel happy and brought me a sense of encouragement.</p>	<p><b>Step 5 Conclusion</b></p> <p>I don't think there could have been anything to make the situation better other than having more confidence. I learned that it is ok to sometimes be nervous, but don't ever doubt your abilities because you know more that you think. This was a great experience, and I am so happy that I have opportunities like this to prepare me for the real world of nursing. The overall conclusion of this week was great, and I very much appreciated this.</p>
<p><b>Step 3 Evaluation</b></p> <p>The event came out good! It was definitely easier that I thought it was going to be. I realized that I knew more than I was leading myself to believe. It helped that the room was set up like a real hospital. After the scenario, my professor ensured me that I was doing great and to keep up the good work. This is always great to hear because school is hard, and we need all the kind words we can get. This scenario was great and helped me to critically think.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think the situation was a great experience for me and also, I think for my classmates. The lessons learned from this situation were awesome because I can take my knowledge into the next modules. What this event taught me about professional practice was that to always keep calm especially during real life situations. I learned not to get overwhelmed because I am a student, and I am in school to learn and build on my knowledge as I progress through the modules.</p>