

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</p> <p>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</p> <p>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 The day before CPE, we got our SBAR sheet and our medication sheet. We were told not be to nervous and to just follow the directions on the papers given to us. After reviewing the SBAR and instructions, I began reviewing the neuro focused assessment, IVPB admin, and universal competencies to prepare for the next day. I was in the first group to go to CPE and perform the scenario. We had about 20 minutes to review the scenario and prepare our notes. I passed on the first try, and the whole process went very smoothly. I did my assessment well, hung my IVPB currently, and maintained universal competencies throughout the whole scenario.</p>	<p>Step 4 Analysis Something that could have risen from this was me completely blanking out and forgetting what to do, or me not being able to do what I know I can do because of my nerves and low self-confidence. I know from a previous CPE, I struggled a lot with my nerves and not trusting myself. So for this CPE I tried to think more positive, instead of negatively like I had did previously.</p>
<p>Step 2 Feelings The day before CPE, I was already feeling nervous because we were only allowed 25 minutes to complete everything. That did not sound like so much to me personally. The next day at CPE, as I was sitting there waiting to go into prep I was very nervous. I know I prepared well and I know we were allowed to write notes on our paper, but I was still nervous I would forget something. After I was told I met all the skills I needed, I was very happy! I felt like it was one less thing I needed to worry about, almost like a weight lifted off my shoulders.</p>	<p>Step 5 Conclusion The only thing I think I could have done better on was not pause at times because I felt awkward for some reason, but other than that there is nothing I would have done differently. I prepared for it well, and I knew exactly what I was doing the whole time.</p>
<p>Step 3 Evaluation Everything about the event was good. I feel like I did not rely too much on my notes, especially when hanging the IVPB, I was worried I would forget, but I did not at all. I already knew what I needed to click on the pump because of how often I did it during clinical. What I felt went well was how I acted and spoke like this was a real patient. It really helped me also with how the instructors/judges in the room were responding as the patient during the scenario as well. It made me feel a lot more comfortable, instead of awkward like in previous modules.</p>	<p>Step 6 Action Plan Overall, I think what we were tested on skills wise was greatly beneficial. Those skills are things we will need to take with us no matter what module or what floor we are on. It is the basics and I know I'll never forget them. This taught me that I should trust myself and my skills because I have practiced and studied hard.</p>