



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>

*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>On Wednesday I did my graded CPE in the SIM lab at the children's hospital. The people involved was myself and my instructors. I did my CPE in person to be evaluated. My instructor would speak as the patient, and I would speak to the manikin as if they were a real patient in a hospital setting. I played the role as being the nurse. I did two focused assessments on my patient and administered medications as well. The result was excellent because I passed my CPE the first time.</p>	<p>Step 4 Analysis</p> <p>Other's experiences were quite similar to mine. We were all nervous and very terrified of what our outcome would be. But this event made us all stronger and more confident about our learning skills. This has helped so much with our learning skills and putting them into action. I can apply knowledge from a previous CPE from another module into this CPE. We knew some of our learning skills that we had to be confident in to demonstrate proper patient safety.</p>
<p>Step 2 Feelings</p> <p>At the beginning, I was feeling very nervous and scared. I was trying to think positive about this situation and be confident in my learning skills that I have. I was thinking at that time that I would pass and just be confident in myself. This event made me feel really nervous and scared of what the outcome would be. The final outcome made me feel so much better. I felt more confident about myself and definitely proud as well. This made me feel that anything is possible with getting your work done. The most important feeling I have about this situation is feeling proud about myself. I never thought I could get this far in this module.</p>	<p>Step 5 Conclusion</p> <p>I could've made this situation better by reviewing the information I forgot more often. I could've got with someone and practiced before going into CPE. I have learned a lot from this event. I learned how to make sure my patient is safe at all times, proper medication administration, and how to do a focused assessment correctly. This event has made me stronger and more confident about myself. I now know that hard work pays off if you study and do your work correctly.</p>
<p>Step 3 Evaluation</p> <p>The good thing about this event is that I got to put my skills into action and learn about any mistakes I made. This is a great learning experience too. At first, I thought it was going to be very difficult but at the end it wasn't too hard, but it did make me feel very nervous. I think I did well on my focused assessments and on the medication I gave. I gave a piggyback medication which I was feeling confident about it because I got a lot of practice during clinicals.</p>	<p>Step 6 Action Plan</p> <p>I think about this situation as being very helpful to us because we're halfway done with nursing school, and this just prepares us even more for our future jobs. This event provides great learning skills and makes us feel like in a real hospital setting. I can apply my learning skills learned from this event in my future definitely. I have grown so much information and skills that I will definitely use in my career. I will use this experience in my future to further improve my mistakes and be a better nurse. I will be more careful and always verify what I'm doing to my patient.</p>