

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 Our CPE took place at the simulation lab, I was given a scenario and was to work through it as best as I could. Two instructors were in the room and were critiquing me as I walked through it.</p>	<p>Step 4 Analysis Everything we have learned up to CPE came into play in my scenario. I felt very prepared and well rounded. Eight weeks ago, I could not have said the same. So, taking the knowledge and skills from each class and clinical was extremely helpful.</p>
<p>Step 2 Feelings I was extremely nervous in the beginning and was overthinking the whole scenario. I was trying to remain confident throughout the CPE and I think once I gave the medications, I was able to relax. Once I took a step back, I was confident in my performance. I was also worried about taking too long but was able to give another assessment because that eased my mind a bit. I was worried about not giving the patient enough care.</p>	<p>Step 5 Conclusion Going into CPE more confident, would have made the situation a lot better. Had I not over thought the scenario, perhaps I could have completed CPE in a more time efficient manner. However, going forward, I will be confident in my abilities.</p>
<p>Step 3 Evaluation The hardest part of CPE is having the instructors watch you perform. Because other than having nerves, CPE felt fairly easy. But I think I performed well, as I would have in an actual hospital setting.</p>	<p>Step 6 Action Plan Overall, I think my execution was efficient as I passed my CPE. I think the more experience I get, the more confident I will become. It will just take time and more practice to get to the level of confidence I hope to obtain. Next time I will not stress myself out so much because I was fully prepared.</p>