

# 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>On Wednesday morning I was one of the first 4 to get to preform CPE at the SIM center. Me and three of my peers were sitting in the library waiting to get called to the prep room to start our scenario's. It was really early in the morning, and we were all very nervous. I was playing the role of the nurse taking care of a patient that was given to me. There were multiple instructors in the room watching/observing and grading me while I performed. The result was that I was so nervous and missed the little things and didn't meet the requirements the first time, so I had to come back and redo the parts that I missed.</p>	<p><b>Step 4 Analysis</b></p> <p>Like yall had all told us the things that fail people the first time are the little things, and I should have listened more because that's exactly what I had missed. Overall, the knowledge I had about the situation was good and I held medications that I was supposed to and gave the ones I needed to. I also did good teaching and made sure that the patient was safe especially the 2<sup>nd</sup> time I went. Just making sure I hit all the little things. A lot of my classmates had the same feelings I did about being nervous and sacred to fail. So, for the most part we all felt the same about today which made me feel good that I wasn't alone with feeling that way.</p>
<p><b>Step 2 Feelings</b></p> <p>At the beginning I was very nervous like we all usually are. CPE overall is a very nerve-racking thing to do, and on top of it I hate being watched and doing things in front of the instructors by myself. At the end of the scenario, I was really thinking that I did very well on everything. When I found out I didn't pass the first time, it made me doubt myself a lot and I got super discouraged and even more nervous than I was before. But I had to stop and tell myself that I had another try and I know what I need to fix and that I had it this next time. The most important feeling I had was when I got the thought in my head that I was going to pass this next time. It's the most important feeling because if you go in there discouraged already you will automatically do bad again, and I couldn't do bad again it wasn't an option. I was going to pass</p>	<p><b>Step 5 Conclusion</b></p> <p>To make the event better I could have slowed down a little and remembered the little things the first time. The instructors both times were very helpful, and I loved getting to talk and be around them one on one when it was all over with. If I could go back, I would have just slowed down a little and remembered the small things. Because if I would have done that, I would have passed the first time no problem. Also, the 2<sup>nd</sup> time I went in I was way more confident in my abilities, and it made a huge difference. I learned that I need to take my time and think about what I am doing and be confident in myself and my abilities.</p>
<p><b>Step 3 Evaluation</b></p> <p>The good thing about the event was that I hung my IVPB the first time with no issues. The bad thing was that I missed the little things like scanning the patient's armband, and not washing my hands when leaving the room, and of course all the other things I messed up on. I thought overall that the IVPB was the easiest part because that's what part I was nervous about the most and haven't practiced enough. My instructors did very well explaining to me what I messed up and how to correct it so I wouldn't mess it up again. I didn't realize at the time that I missed those things, so I expected a pass the first time. So that was unexpected to me when I didn't pass. Also, I have never had to redo a CPE before so I guess I also went in a little overconfident and shouldn't have. I contributed by doing the scenario and then coming back to redo it and pass it the 2<sup>nd</sup> time.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, it was a good learning experience, and I am glad that we do CPE. Even though it is nerve-racking when you first go in the minute you pass it is a huge relief and makes you feel like you really are becoming a nurse. Which is a very rewarding feeling in the end.</p>