

## Covenant School of Nursing Reflective Practice



*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.

### Step 1 Description:

Today I went into the simulation center to complete my competency skills check off. I had to perform a neurological assessment and administer Acetaminophen and Levofloxacin IVPB. I had to hold Lisinopril and Plaquenil because the patient’s blood pressure was low, and his platelet count was less than 100,000. Everything went well and I ended up passing my CPE.

### Step 4 Analysis:

CPE is the perfect opportunity to test what I’ve learned in clinical and in the classroom. I understand the importance of testing our knowledge, skills, and critical thinking. CPE is piecing together the concepts we learned about into one exam. It ties together the module and allows me to practice application.

### Step 2 Feelings:

I felt pretty nervous the day before and in the moments before entering the room. I felt even more nervous when I realized that I was going to be with a module 5 instructor because I didn’t want to give them a bad impression. Before I went in, I took a deep breath and focused on my goal. I felt better when I entered the room and even better when they told me I passed.

### Step 5 Conclusion:

In conclusion, I passed. Today was a good day and I accomplished the mission. I have nothing more to report other than I am relieved to be in the position I am in now. I am proud of myself. I am looking forward to learning new things.

### Step 3 Evaluation

Honestly, I don’t have as much to reflect over today compared to my past reflections. I felt like everything went well. My overall opinion about CPE day is good. This experience boosted my self-esteem. I felt competent today and I could see the difference in my confidence from module 2 to now. I would like to do more teaching when I have more time to spend with my patient.

### Step 6 Action Plan

I plan to study hard and pass the next CPE. I won’t forget any of the skills I have mastered in the previous modules. My action plan is to keep calm and keep nursing on.