

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 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 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 Today we had our graded CPE final. I was scheduled at 1030, but we were running a little behind, so I ended up going in around 1130. I was very nervous and scared of messing up. During the time I was waiting to go in, I was overthinking about the scenario they could give us. I thought it was going to be more like the simulation we had earlier in this module. While I was in the prep room, I was so nervous I had to take a few deep breaths and calm myself down. In the room there were three instructors watching, so it was a little nerve-racking. After being shown the room, I calmed down a little bit, but was still nervous. I went through all my assessments and medication and had completed everything I needed to. I stepped into the hallway once I was done. A few minutes later, I went back into the room and was told that I had passed. I was very relieved and so thankful I passed.</p>	<p>Step 4 Analysis My previous CPE's went about the same way as this one did. I was nervous every time, but each one had the same result. There were a few medications I had to hold because the patients pain level was only at 2 and the temperature was 98.6. Therefore, the medications were not needed at that time. I ended up administering levofloxacin and lisinopril. The patient had urosepsis, so that's why he needed the antibiotic. He has had hypertension and his blood pressure was 140/96. Lisinopril was given to lower his blood pressure. I think that other students were just as nervous as I was, but I'm sure everyone did great.</p>
<p>Step 2 Feelings Before going in, I kept doubting myself and thought I was going to fail. I let my anxiety take over, which usually happens during CPE finals. Before the event I was very anxious, but after I felt accomplished. The instructors I was placed with made me feel much better. They told me where everything was, which took some of the stress off. I think a little bit of nerves helps me perform better during situations like this. I was very happy about the final outcome and it definitely raised my confidence. Graded CPE's are always stressful, but I feel that I learn a lot from them and at the end I am proud that I was able to pass.</p>	<p>Step 5 Conclusion There were a few things that I could've done better. When the patient said he was in jail, I should've told him he was in the hospital. I was too nervous to think about what I should say, but next time I will work on that. I also could've explained to the patient why I was holding certain medications. After I came back from the medication room, I thought I didn't have enough side rails up, so I thought I was going to fail because of that. After that, I started to become anxious again, so I had to take a few seconds to calm down and keep going. The next CPE I have, I need to learn to control my nerves a little better.</p>
<p>Step 3 Evaluation I thought the assessment went well. I performed a neurologic assessment, which is the easiest assessment for me to remember. I also think medication administration went well. I was nervous about using the pump, since I've had limited experience with pumps. During the event, I had to take a few deep breaths to think about what to do next. I tend to stutter, or tongue tied when I'm nervous, so that was the most difficult part. I wasn't sure if I was going to pass when I was waiting outside in the hallway. I thought there might've been a little step that I had forgotten, but once again I was just overthinking.</p>	<p>Step 6 Action Plan Overall, I really enjoyed this CPE. I think these exams force us to critical think and act like a nurse. We don't realize how much we know and have learned until we are able to do it in real life. CPE's always raise my confidence and make me feel like I'm one step closer to becoming a nurse. I learned that I need to stop doubting myself and try not to overthink everything. Everything I learned during this cpe can be used in my future cpe's and even in clinicals. I will be able to use the lessons learned from this experience in the next modules.</p>