

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. personnel / 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 I participated today in the graded CPE simulation. Where I was acting as the patient's nurse for the day, and the two instructors in the room were observing and responding as the patient. I had to do a neuro assessment as well as give medications. Upon completion of the exercise, we were told if we met or unmet, and thankfully I met on the first attempt.</p>	<p>Step 4 Analysis I know these simulations are important as it gives the professors a chance to see our critical thinking skills as well as nursing skills put into practical use. Compared to past CPE experiences, this one felt much smoother, and I also felt like I had a better understanding of why exactly we do CPE. Having two professors in the room is a good idea as they both can provide valuable advice to the nursing student.</p>
<p>Step 2 Feelings At the beginning I felt very anxious and all I could think about was walking through the steps of what I was going to be doing once I started the simulation. Overall, the event was anxiety inducing until I finished, and upon hearing that I passed I was ecstatic and relieved. I think being anxious did help me though, as I was thorough in my prep time and during my time in the room. This helped me slow down and think about the situation.</p>	<p>Step 5 Conclusion One thing that could have made the situation better is to not have to wait so long past our designated start time. Something I could have done differently talk louder and clearer, there were some moments where I had to repeat myself as I was so nervous, I was speaking in a soft tone. What I learned from this event is to just take a moment and breathe before starting to clear my head and refocus on the task at hand.</p>
<p>Step 3 Evaluation The nice thing about this was when the professors talked for the patient, in the past students would have to talk to themselves and it felt unnatural. The bad thing was being behind schedule, this increase time only made the anxiety worse and I had more time to get in my head and confuse myself with information. I did enjoy how the rooms were stocked with everything we needed, and we didn't have to worry about asking where stuff was. The walk around tour was also nice cause it helped to stop of the nerve's students get before starting.</p>	<p>Step 6 Action Plan Overall, I'm still not a fan of CPE, it's a stressful environment and unfortunately there's not much the professors can do to calm that anxiety. I can apply today in my future interactions by always checking the small things, and to not get caught up in trying to chase a rabbit hole. I can also apply this in the future by not being as worried about having multiple sets of asking looking at me while providing care to a patient.</p>