

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</p> <p>Today I completed my graded CPE. I was given an SBAR and med sheet yesterday to help me prepare. Today I was given a chart with more current information on my patient, and I had 20 minutes to prep and make a game plan. After my prep, I went into my patient's room and performed a neuro assessment, pulled my patient's medications, and administered my patient's medications. My patient was confused, so I reoriented him and taught him about urosepsis and the effects it can have on the body. I held a scheduled medication due to the fact that the patient's platelet count was low. I also held the PRN medications because my patient's pain was at a 2 and his fever was within the normal limits. I administered the oral medication first, then hung and set up the IVPB antibiotic. I was able to critically think and perform all of my procedures correctly.</p>	<p>Step 4 Analysis</p> <p>I was able to apply concepts and information that I have learned throughout module 1, 2, 3, and 4. I used AIDET, hand hygiene, patient teaching, focused assessments, proper medication preparation and administration, 4 P's, and red rules in my scenario today. All these concepts and tool have been taught to me to make sure that I can effectively and safely take care of a patient. Now that I have done them for months, I feel like they are more of a habit than something I have to consciously think about and remember each part of.</p>
<p>Step 2 Feelings</p> <p>The hour and a half that I waited to get called back was full of nerves and anxiety. I was nervous because of the unknown and I couldn't stop thinking about the consequences that would follow one minor mistake. When I began my 20-minute prep I was able to get more information, which made me a little more confident. Once I was in the room with the patient and working through my scenario, I felt much better. I treated it just like I would if I was in clinicals with a real-life patient and that helped. However, the nerves and anxiety did not completely go away until I was told that I passed.</p>	<p>Step 5 Conclusion</p> <p>This experience was a good one. I was prepared and ready to go, but personally the more I prepare, the better I feel. So, by preparing myself even more for my CPE today, I could have made the situation better. I learned many different things from this event. I learned that once I get into the patient's room, I am able to appear confident even when I don't feel like it on the inside. I also learned that I am capable of making priority nursing decisions and critically thinking to take care of my patient appropriately.</p>
<p>Step 3 Evaluation</p> <p>The best thing about this experience was that I was able to pass on my first attempt. I also believe that my critical thinking was appropriate and effective. I made nursing decisions. I enjoyed the fact that in this situation I was the nurse, which means I was the one in charge. The most difficult thing about the CPE was calming my nerves before. I was trying so hard to be positive. I went over all my assessment and medications so many times before and I knew that I knew them, but it didn't help me calm down. However, I feel like even though I was freaking out on the inside, I walked into the patient's room with confidence.</p>	<p>Step 6 Action Plan</p> <p>Overall, this situation was a good one. After finishing it, I feel like I am more confident than I was before. Reviewing for the CPE allowed me to review and refine skills that I might have forgotten. These are skills that I can use in clinicals and apply to my career someday. I feel like I can apply many things from this CPE to my future CPE's. Maybe I will be able to remember that once I get in the room, I will be able to calm down and feel confident. This experience has allowed me to grow in my knowledge and confidence.</p>