

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?

Covenant School of Nursing Reflective

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>I was at the simulation lab for my CPE. I was the nurse for my patient and there were two other instructors watching me. I failed my CPE and had to go back.</p>	<p>Step 4 Analysis</p> <p>My patient had a fever over 99.9 and the chart said to give acetaminophen for it. For some odd reason I did not really register it into my brain that I needed to give it. I am so mad because I looked at the patient's blood pressure and it was too low which caused me to hold a blood pressure med. I'm really not sure why I was able to register that I wasn't going to give the blood pressure med, and I wasn't able to register that I needed to give acetaminophen. The action that I did for this was to look at the vitals and then look at the medication orders, why I didn't do it for the temperature, I really don't know and it makes me really mad.</p>
<p>Step 2 Feelings</p> <p>Before CPE started, I was very nervous, which I always am. I felt confident going into the room because I thought I had all the medications that my patient needed. I was and still am very mad at myself. I feel and know that I know what I'm doing when taking care of a patient, I just happened to miss something and it caused me to fail.</p>	<p>Step 5 Conclusion</p> <p>What could've made this better would be to pay closer attention. I'm just still in shock that I didn't catch my mistake. I feel like I know what I'm doing and my biggest fear is that my peers and instructors are going to think less of me because I didn't do everything that I was supposed to do. My instructor told me that she knows that I know what I'm doing and that I just made a mistake. Then they both told me that they would be blessed to have me as their nurse.</p>
<p>Step 3 Evaluation</p> <p>What was good, was that my instructor told me that everything I did couldn't have been done more perfect than it was. It just so happened that I did not get a medication that my patient needed for fever. What was bad was that I started crying, not because I was sad, but because I was so mad and thinking to myself how I could've missed what I missed. I was and still am just so mad at myself.</p>	<p>Step 6 Action Plan</p> <p>I now know that making this mistake caused me to fail my CPE, I will not make the same mistake again. Next time I will really try to not let my nerves get the best of me and really try to focus on what I am doing. I think that CPE is very good for helping me learn that making mistakes is going to cost me (my grades), which really just instills a feeling in me that I must do everything right or my patient will suffer the consequences of my actions.</p>