

# 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><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies, or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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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><b>Step 1 Description</b></p> <p>CPE...the most nerve-racking thing we have to do every module. The stress of being pass or fail and having an instructor grade every step you take is so scary. My anxiety usually gets the best of me. I know the material and I know the skills just the anxiety of the CPE itself makes it all go away. This module what helped me a whole lot was the use of notes and being able to double and triple check myself. I performed a neuro focused assessment that I felt very good about. Only teaching from that was to always take the socks off to assess. Then I gave an antibiotic and pain medicine. I remembered all my medication rights, my teachings, and allergies. I am very proud of myself for remembering the call light. My scenario tried to trick me and had the patients call light hanging from the wall not on the patient's bed, so that was a good catch. All and all felt good about the CPE and my scenario.</p>	<p><b>Step 4 Analysis</b></p> <p>Not only throughout this module, but previous modules as well we have learned and practiced all these skills. Having the resource of our NII's is very helpful to refer back to the evidence-based practice of all the skills. The NII's come in real handy for CPE preparation. Also, during the last day of clinicals a couple of our instructors took time with some of us to really go over using the pump and I think that helped tremendously with being familiar with the pump and tubing a little better. Also, during CPE having two instructors is very nerve racking, but I also think very good. Having another set of eyes on you to pick up anything the other instructor might miss. It can help you or hurt you if they see things the other didn't.</p>
<p><b>Step 2 Feelings</b></p> <p>Like I said above all feelings of anxiety and stress. You work so hard on all the module tests to come down to this one skills moment that could fail the entire module. That concept is extremely stressful. This is how I felt before I began my CPE and during. The whole time trying to remember to breath and that it will be okay. After I felt great being able to pass the first time and not having to come back and correct anything. Relieved it is over with!</p>	<p><b>Step 5 Conclusion</b></p> <p>Glad it is over and done! I felt overall I did a pretty good job. Reading the scenario before and really planning out my treatment of care was important. I was able to see what my doctor's orders were and what to look for in my patient's chart and to ask my patient. I originally was not going to give Hydrocodone/Acetaminophen, but after assessing my patient had a pain of a 5, I was able to confidently use my EMAR and get him something for pain.</p>
<p><b>Step 3 Evaluation</b></p> <p>I felt like I did really good. My notes I made really helped me to slow down and check off all things before moving on and then being able to refer back before saying I was completely done. I want to get a little better about my medications and remembering the teachings more off the top of my head and not using a note page as much. I felt really good about the skills IVPB, IVP and neuro assessment. Luckily, I just had IVPB and PO medication, but I felt good about it. Something I could have done better was taking the socks off and really assessing the feet and probably gloves on before touching the IV site and assessing that.</p>	<p><b>Step 6 Action Plan</b></p> <p>I wish I could say I won't be as nervous for the next CPE, but that is a complete lie. The situation itself is so nerve racking even if I know every skill perfectly. Something I have said above, but in the future knowing to remove the socks on the patient and observing the feet for a better assessment. Another thing I learned is that when you ask your patient's the orientation question, and they are confused to go ahead and reorient them. With my nerves I just acknowledged it and kept going I should have re oriented my patient. For future reference I now know when a patient is confused to try and reorient them.</p> <p>Glad its done! Thank You.</p>