

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</p> <ul style="list-style-type: none"> • Today was CPE. I was extremely nervous because I was afraid to fail. My anxiety gets the best of me during these situations, and I appear to get brain fog. However, I played as the nurse and did surprisingly well. 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> • I have learned the importance in taking clinicals, SIM, and the education each professor has taught us not for granted. Once I have calmed my nerves, it was a breeze, and everything had come to me naturally because I have been doing my best to use safe practice. I kept telling myself that this was no different from any clinical or simulation and do what I have been taught to do. In the end, it is not the education or skills that we lack, but the anxiety that follows. If we can all learn to calm ourselves down and feed our RAS, we will succeed.
<p>Step 2 Feelings</p> <ul style="list-style-type: none"> • I felt every emotion, but calmed and relaxed. I always hope for the best but prepare for the worst. However, as soon as I stepped inside the room all my worries and fears were gone. You see, I fear the unknown and my anxiety feeds on that as well. I know I will always be okay once I see what needs to be done, and I do my very best with applying the education I have learned. I am a very contradicting person, because I lack confidence whenever I do not understand a situation clearly, but I will be the utmost confident person when I know what to expect. I find it very comforting that I understand that about myself because it allows me to calm myself down when I am about to panic. 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • I would have tried to be calmer in the beginning. As I stated, I fear the unknown, so I become very anxious when I walk in a situation without knowing the outcome. I am working on calming my nerves prior, because the aftermath is never as bad as I anticipated. • However, I know that we all feel a little bit lighter now that CPE is out the way.
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • CPE was great! I am grateful for the clinical experience and SIM, because it prepared me for this moment. I was able to critically think as a nurse and make nursing judgements based off the information provided. • It would have been very difficult if I took clinicals for granted, however since I did not, it was very easy once I began. Everything went better than I expected! 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • I am happy CPE is done and I passed. Today I showed myself that I am doing well and that I need to believe in myself more than I do. I am proud of myself because I can see the change within myself that is preparing me to become a nurse. I am forever grateful for all the experiences that have molded me to think, act and feel like a nurse. I am only growing and my journey does not end here, I will evolve the way medicine does and continue to learn skills and education to be the best nurse I can be.