

# 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>The subject of this reflection is our CPE. This happened earlier today in week of 7 of the module. This was a test that took place in the simulation center to test our skills for a clinical setting. I was the nurse in the situation and had a simulated patient. There were two instructors for this scenario as well grading me on this. I was handling a scenario of urosepsis in a patient that was also experiencing an altered level of consciousness. The result of this was a successful completion of this scenario. I was able to maintain all competencies while doing this scenario.</p>	<p><b>Step 4 Analysis</b></p> <p>What I can apply to this scenario from my previous knowledge is the importance of all elements, little or big. It is important to always maintain patient safety, these may seem like little things that can be overlooked. We have learned all the critical steps for patient safety and this scenario helped enforce the importance of maintaining these steps. This scenario had me doing the little things such as putting the call light within reach, raising the correct number of bed rails, and picking up clutter. This was great in practicing everyday competencies that contribute to the overall care and safety of a patient.</p>
<p><b>Step 2 Feelings</b></p> <p>At the beginning I was feeling nervous given that I had already been through this and had a negative outcome the first time. This was in the back of my mind, and I was just looking forward to doing much better this time around. I was thinking that I need to make sure to read carefully and not forget any critical elements. I felt accomplished after I completed this scenario. The positive final words of how I did from the instructors was encouraging as it supported my feeling of accomplishment. The most important feeling I had was the feeling of a job well done as I was able to handle this patient with altered level of consciousness smoothly.</p>	<p><b>Step 5 Conclusion</b></p> <p>I could have made this situation better by just being more relaxed and not as stressed in this scenario. However, this is the nature of this scenario as it is a test, and it is only natural. The stress makes you prepared as long it is a controlled amount. What I could have done differently was hitting all the elements of the neuro assessment. I had missed one element at first, but I was able to catch this and then go back and complete this before I went on. I have learned how to safely take care of a patient and following orders. I also learned how to critically think in deciding when a medication should be held or given based on labs and vital signs.</p>
<p><b>Step 3 Evaluation</b></p> <p>What was good was the chance to test my critical thinking skills and work with a patient in a very realistic scenario. This was good because I was able to use all the skills, I have learned throughout nursing school in this specific scenario. There was not a bad part of this scenario. What was easy was setting up my plan of care in an ordered way. What was difficult was following this plan of care without getting nervous in this scenario. What went well was delivering the overall care in a timely manner without missing the major elements.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think overall this situation was a great way to learn and to test our skills. It was a highly stressful scenario, but it was great in learning how to best control and not let it take over, much like a nurse will experience in practice. I can use these lessons learned by always making sure to follow these safety measures when working with a patient. They may seem like things that shouldn't be stressed but they are put into place because of how they play a major role in overall patient care. As you get more experience you will gain confidence and that can also be dangerous. It will be important in my practice to follow the proper procedures that we have learned, without taking shortcuts. This is where mistakes happen, and it is important to always remember this.</p>