

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>This week we had CPE at the simulation center. We had to perform two assessments on a patient, administer medications, and follow all protocol while doing so. My patient needed a neurological assessment and a cardiac assessment. He had two medications to be administered, one was I.V.P.B. the other by mouth.</p>	<p>Step 4 Analysis</p> <p>I took my experience in CPE from Module two to prepare for this CPE. I tried to remember how I prepped last time reminding myself of what was helpful and what wasn't. I knew that repetitive practice helps me to run through the scenario smoother. I am also a visual person so I like to write everything I need to remind myself of and do in order on paper in case I forget and need to visualize my next step.</p>
<p>Step 2 Feelings</p> <p>All morning I was nervous and scared in all honesty. I was fearful of failing and nervous to forget something important. While in the prep room after I reviewed the chart, I felt relief because I had all the information, I needed to be successful. While in the room I felt confident in my assessments and medication administration. Overall CPE was a challenging experience, but I enjoyed all of it.</p>	<p>Step 5 Conclusion</p> <p>I would like to get to the point where I do not need a piece of paper as a reminder during CPE. I would want to be at a comfortable level to have memorized all assessments and medications rules. I do believe I can achieve this. I also believe during the simulation I should have verified better while in the room with the manikin by holding the medication up to the screen.</p>
<p>Step 3 Evaluation</p> <p>I was proud of myself for the preparation I did for CPE. I felt confident I had practiced enough to feel comfortable in the routine. It was not easy, I did have to remain on my toes on whether to administer certain meds to the patient or not. I feel I could have done better by not looking at my sheet as much and performing from memory. I would like to become more fluid in my actions and not guess at what is next.</p>	<p>Step 6 Action Plan</p> <p>Overall, I am grateful to have passed the CPE to continue in my journey to becoming a nurse. The CPE was a good learning experience and a great reminder in how everything we are learning is for a reason. In the future I will make sure to continue to pay close attention to any advice given from the instructors for CPE. Everything that was given to us at the beginning of module 4 definitely helped during the CPE.</p>