

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</p> <p>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</p> <p>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?

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Step 3 Evaluation

- 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?

Step 6 Action Plan

- 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 Today I did my graded CPE. I got there, received my folder and prepped in the room for about twenty minutes . I was then called to the room where I performed a neuro assessment for a pt admitted with urosepsis. After performing the neuro assessment I drew up my meds, I gave an antibiotic and a antiplatelet med. I administered it to the patient and then was on my way. They then let me know that I had passed my CPE 😊</p>	<p>Step 4 Analysis I can apply todays experience in the future by keeping the same pressure I felt today . What I mean by that is during CPE we are so stressed about doing everything perfectly, more intensely than when we are in the clinical setting. During CPE you are extra careful about every and anything whether it be giving meds , doing an assessment and just performing the standard precautions. In my career I want to always do the right thing , even when no one is watching .</p>
<p>Step 2 Feelings I have been so nervous about CPE all week. Last night and this morning before I went in were the worst, I get overwhelmingly sick to my stomach. Once I got into the prep room though I felt at ease. I wrote everything on my paper that I felt were small details I could possibly miss, and I just made sure to mark everything off before I finished. I went through my scenario easily but I do need to build up some confidence , I felt like I was flustering some of the things I was saying . At the end of it I was so happy! Like just pure joy ! And so grateful that I got it done and overwith.</p>	<p>Step 5 Conclusion I don't think I could have done anything different today. As I stated before I think my nerves get the best of me so I tend to stumble over my words, so maybe I can just practice at home and also in clinicals. Just practice getting a good flow of my communication with my patient and the explanations I am giving them .</p>
<p>Step 3 Evaluation CPE is very scary. I try to think of it like another day of clinicals, because I know I am capable of taking care of patients safely. I just think that we put a lot of pressure on ourselves because we have to do everything perfectly in front of our instructors. After going through it though I can look back and say that it is a learning/growing experience . I think it helps me build confidence in our abilities , like we got this ! I passed and I did not expect to fail, as I said before I know I am capable but I did second guess myself and let my fears get the best of me.</p>	<p>Step 6 Action Plan AFTER CPE I am able to look back and say I enjoyed the experience, I will not say I felt that DURING. I learned that I am competent , I am able to care for my patients safely. I am able to start a piggy back safely ! and I can critically think. I had orders for scheduled/PRN meds and I really felt so confident when I was able to hold certain meds because of my assessment of VS/labs! I actually KNEW what was going on, I am definatly growing 😊</p>