

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 I completed CPE Wednesday morning At the Simulation Center at Covenant Women and Children's Dr. Nesbitt graded my CPE performance I was able to successfully meet all the competencies and complete the CPE</p>	<p>Step 4 Analysis The universal competencies that we are taught to follow apply to every patient every time The most important thing is patient safety and the CPE allows for a good learning environment With more practice I want to be able to have more confidence and not be as anxious I gained a lot of confidence and experience from this exam that will help me with real patients in the future</p>
<p>Step 2 Feelings I was definitely anxious, but I felt pretty confident I tried to just clear my mind and focus on what I needed to do for the CPE I was nervous during the exam but afterward I felt really good that I was able to succeed Dr. Nesbitt complimented me and told me she would be happy to have me as a nurse, this made me very proud. Afterward, I just felt relieved to be done and proud of my performance Most importantly it made me feel confident that I can safely take care of patients This is most important because patient safety is priority</p>	<p>Step 5 Conclusion I could have been more confident in myself I was the only one involved in the exam, the instructors supported me well I think I did everything well, I just could have been a little more confident I learned that I really know what I'm doing I just have to stay confident</p>
<p>Step 3 Evaluation I was able to complete the CPE without missing any competencies or compromising the patients safety I could have been more confident during the exam but it was nerve racking I felt like our instructors had prepared us well for the exam so I felt ready for it It was a little difficult not second guessing myself Ultimately I completed everything and kept my patient safe Even though I was anxious I knew that I could be successful</p>	<p>Step 6 Action Plan Overall I think I did well and learned a lot from this experience Even though it's a nerve racking experience it provides a great learning environment to make sure we keep patients safe Next time I think I will be more confident This experience will help me to keep real patients safe in the future This has taught me that I really do know what I'm doing, I just have to be confident in myself</p>