

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>Today we participated in CPE and I made a few mistakes. I forgot to scan my IVPB medication before administering it to the patient. I felt confident in my abilities going into CPE, but I let my anxiety get the best of me today. I was so angry with myself when I realized my mistake because I practiced scanning first and I never forget during clinical. I think it's a lot easier to remember during clinical because you actually have the computer and chart pulled up. I performed a neurological assessment on the patient, checked their catheter, and their IV site when I walked into the room the first time. I felt very confident in my assessment portion and preparing medications.</p>	<p>Step 4 Analysis</p> <p>I can apply universal competencies to every scenario performed today. Safety is everyone's number one concern and that is what the universal competencies ensure for the patient. The broader issues that come up due to this are that some nurses don't always follow these. That's why it's good to practice them now so we just get into the habit of doing everything the safest way possible. Other people had similar experiences and feelings today, especially the people who also had to retake because of simple mistakes that couldn't be reversed. I think other people's perspectives made me feel better because I did not feel so angry at myself after seeing that other people made mistakes like I did.</p>
<p>Step 2 Feelings</p> <p>At the beginning I felt anxious, but I was overall really confident in my abilities. I definitely did not feel this way when I did CPE in module 2, I was dreading this day because of how I felt back then. This event made me feel so angry with myself I nearly cried. I felt good about the final outcome because I passed but my first try was nearly perfect so it made me upset that I messed up. I feel better about it now and I know I will not ever make that mistake again. The main emotions I felt today were anxiety and relief. I am very relieved that today wasn't as scary as I thought it was going to be.</p>	<p>Step 5 Conclusion</p> <p>I could have made my situation better by slowing down and reading the notes I wrote out on the back of my paper. I had "SCAN" in big bold letters and I did not read it because I was feeling good about what I was doing so far. I think there were no other problems with today except my mistake. The instructors that graded me did not make me feel uncomfortable at all and even taught me some things I can improve on afterwards. I learned I will always scan medications before giving them and if I have notes written to help me remember steps, I will read them next time instead of relying on my memory.</p>
<p>Step 3 Evaluation</p> <p>A good thing about today was that I did everything else very good and I was very thorough just like I practiced. I'm starting to feel more comfortable with my abilities and I feel like I performed well despite my mistake. Something that is getting easier is critical thinking and making choices based on what my patient needs. I think the time limit scared me at first but when I did everything it all flowed together and did not feel like I was rushing. My instructor told me I have a good bedside manner and that I performed my assessment very well. That made me feel good because I feel like this module prepared me for this. I was expecting to get it right the first time but I'm not mad at myself for having to correct my mistake anymore, because it's something I'll hopefully never forget again.</p>	<p>Step 6 Action Plan</p> <p>I think this CPE experience was great compared to what I thought it was going to be. I do think we should have more simulation experiences though, because I feel a little uncomfortable in the sim lab still. Our simulation experience this module was very helpful and I think I could have benefit more with a few more days of that. I also think clinical experience prepared me well, but it does get confusing because two of my nurses this module actually performed their jobs how we are taught. Not to say the other nurses were bad, they just don't do everything step-by-step how we are taught. This taught me that I will not pay attention to how other people do things, but how I learned to do them and what makes me comfortable.</p>