

Covenant School of Nursing Reflective Practice



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. <u>Remember to 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' perspectives?
<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>I performed the CPE today that we got time to prepare for yesterday. I made a checklist so I could stay on track with what I needed to complete. During the exam, I was the nurse, and I performed a neuro assessment and gave two medications. I made sure I did everything on my checklist and my result was passing the exam.</p>	<p>Step 4 Analysis</p> <p>I was able to just apply the practice and knowledge I've had in the Sim Center to this exam and it made me more comfortable with the situation since it's a familiar environment. I think everyone has a slightly different experience every time we're in the Sim Center but this was a positive experience for me.</p>
<p>Step 2 Feelings</p> <p>At first I felt very nervous and sick but after I took a Zofran and went through the prep in the library, I was able to calm my nerves and slow my thoughts. When I walked into the room, my testing instructors also made me feel more comfortable before I began so I was able to focus better on what I was about to do.</p>	<p>Step 5 Conclusion</p> <p>I don't think I could have done much of what I did differently because I came in feeling well prepared. I knew I just needed to calm down and ground myself before I went to the patient's room and I was able to do that so I feel proud of myself.</p>
<p>Step 3 Evaluation</p> <p>I feel like this was a good experience and it gave me confidence that I know what I'm doing and that I know how to do in a time efficient manner. I think the only bad thing about it was how I let my anxiety try to get the best of me before I got to the hospital but there was nothing I would change about the experience.</p>	<p>Step 6 Action Plan</p> <p>Overall, this experience was very good and enjoyable for me. I liked how we got our situation in class the day prior to the exam and I think it was very helpful to be able to write out our med sheet and write a checklist out if we please. The checklist really made me feel secure and confident that I could pass. I will use this positive CPE experience in the future to not freak myself out so much the next time and I will use the confidence I gained from today to help better myself as a nurse.</p>