

## 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><b>Step 1 Description</b>          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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?</li> </ul>
<p><b>Step 2 Feelings</b>          Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice? about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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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><b>Step 1 Description</b></p> <p>Today we had our CPE. I had to do an assessment, give and medications and finally follow universal competencies. I did not do as good as I wanted to both tries. I failed to be aware of the time when I was doing my first try, and didn't get to put up the IVPB. On the second try I was so psyched out I didn't focus and realize I put it underneath the filtration IV.</p>	<p><b>Step 4 Analysis</b></p> <p>At least I will never make that same mistake twice. I will know now vividly how to set up a piggy back and check to make sure that the rate is appropriate for the medication. I feel like this shows a lot about me currently where I am at in nursing school. I have a grasp of what to do but I am still feeling like I'm beginning to walk , and I do not exhibit the confidence and knowledge I know i have.</p>
<p><b>Step 2 Feelings</b></p> <p>I feel so dissapointed in myself. I just wanted to try my best and ever since yesterday I couldn't wrap my head straight. I have no one to blame but myself cause of this. Dissapoitmetn is an understatement. I know im capable of being a great nurse and time and time again, i continue to make things harder for myself.</p>	<p><b>Step 5 Conclusion</b></p> <p>I could have done a lot of things differently. I could have made sure I knew where the appropriate IV port was at. I should triple checked the drip rate in the funnel to notice that it was absurdly going fast. most importantly I learned to just trust myself and not let outside factors affect me.</p>
<p><b>Step 3 Evaluation</b></p> <p>After calming my nerves and frustratoions I have found that this will only make me better. I know how to set up a IVPB, and I know that there are going to be times that I mess up. It was difficult coming back and keeping focus during the exam. I did universal competencies well but I should have known better than to let my emotions get the best of me.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think everything was set up to help us pass. To make us stride in confidence, and I completely let that get into my head. I will just calm my nerves next time. I will be able to apply this to future scenarios where I am administrating medications. Not only that but just to be in the moment and focus on what I am doing.</p>