



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 Today, I had my CPE at 1230. When I arrived, I got my scenario and began reviewing it, and coming up with an organized plan of how I wanted to go through with, and perform the assessments and tasks that needed to be done for my patient. My patient required neuro checks every four hours, so I knew for sure I would do a neuro focused assessment, and his blood pressure was 140/96, so I decided to do a cardiac focused assessment as well. When I began my CPE, I started with my assessments, looking over my notes very carefully to make sure I didn't miss anything, and then I administered Levofloxacin via IVPB for the patients diagnosis of Urosepsis, and a 20mg tablet of Lisinopril PO for the patient's increased blood pressure. Throughout the entire scenario, I tried to remain calm, take deep breaths, and focus on my notes, and what I</p>	<p>Step 4 Analysis Even though I was very nervous and anxious going into CPE today, I feel that because I had already experienced what CPE was like in module 2, that I was better prepared for what I was going to experience today. I also think that because I was so nervous, I was extra cautious when performing the skills and assessments, and this helped me to not miss many objectives throughout the scenario. I also feel that I was much better prepared due to the CPE prep that we did in class yesterday. The CPE prep really eased a lot of my worries and concerns, and helped answer the questions that I was unsure about. The reassurance and positive words from the instructors and our classmates was very beneficial to my success today as well.</p>
<p>Step 2 Feelings Going into CPE today I was extremely nervous, considering my last CPE in module 2 was very stressful and did not go the way I had wanted it to. I was very worked up and stressed all morning leading up to it, and especially as I entered the room to begin my scenario. When I first started, I was very shaky and stumbled over my words quite a bit, but as I progressed, I began to calm down a bit, take my time, look at my notes, and do my assessments and administrations more at ease. Even though I knew all of the information, I still felt very anxious throughout the entire scenario, and even after I had completed the scenario. Hearing that I passed brought me much</p>	<p>Step 5 Conclusion In conclusion, I feel that my CPE experience went very well today and definitely much smoother than my previous experience. I think that even though I was very nervous, I still managed to perform all of my skills and did not make any serious errors. For future CPE experiences, I will refer back to this one, and review what I missed, to ensure I do not make the same mistakes. I will also practice these things in clinicals in the future to get in the habit of making things such as proper body mechanics a habit. I will also try not to work myself up so much for future CPE, and try to relax and not be so stressed out and anxious going into the scenario.</p>
<p>Step 3 Evaluation Throughout CPE today, I felt like I performed most of my skills very well. Some things that I could have improved on were body mechanics, and re-orientating the confused patient during the neuro focused assessment. Throughout this scenario, I was very cautious about the bedrails (which I had missed in previous SIM events/CPE), but I kept forgetting to raise the bed when doing assessments with the patient. I should have remembered to raise the bed every time I was doing an assessment, or physically interacting with the patient. Another thing I did not do that I should have, was reorientate the patient. When I asked the patient where he was he replied "jail". I should have told him that he is at Covenant Hospital instead of moving on with my questions. Although I had a few bumps in the road during CPE today, I feel that I did very well with my medication administration, and remembering Red Rules, the 4 Ps, and the Fall Bundle. I also was very cautious about hygiene and remembered to wash my hands and change gloves when needing to/after touching</p>	<p>Step 6 Action Plan Overall, I think that this module's CPE was a great learning experience, and definitely not as bad as I thought it was going to be. I felt very prepared and when I got my scenario this afternoon, I was confident in my ability to perform all the skills necessary. This CPE taught me the importance of trying to relax, think things through, and take a deep breath before performing the skills. In my previous CPE experience, I was rushing through everything and made several mistakes. This time, I took my time, looked over my notes, and thought about the best way to perform the scenario, and I made way fewer mistakes. In future CPE experiences, I will refer back to this module, relax and use the techniques I did today to perform the skills thoroughly and to the best of my abilities. Overall, I am very pleased with how today went, and am happy with how I did.</p>

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.

Step 1 Description	Step 4 Analysis
Step 2 Feelings	Step 5 Conclusion
Step 3 Evaluation	Step 6 Action Plan