



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?

Bryanna Garcia CPE reflection

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>During my CPE, I was really nervous. I was prepared in all aspects but still very nervous. I feel like CPE was helpful and I was able to show the instructors my way of nursing. This was the time to show my own knowledge and skills without ANY help and I was very proud of myself.</p>	<p>Step 4 Analysis</p> <p>CPE gave me a scenario that made me critically think for the patient. I was given an MAR of medications and had to decide which ones to hold and give depending on the patients symptoms. The patient had pain but it was only a 2 on the pain scale. Therefore I would only be able to make the clinical judgement of helping the patient with their pain without medication. I was then able to give the patient Acetaminophen for his temp but it is also a pain reliever so both mild pain and fever were taken care of.</p>
<p>Step 2 Feelings</p> <p>I felt like we were very prepared for CPE and it was helpful because it made it less stressful and it was kind of like the light of the tunnel. It was very helpful to get an SBAR for our patient and to be able to ask questions the day prior to the exam. I enjoyed CPE and felt very confident/ nervous going into the exam.</p>	<p>Step 5 Conclusion</p> <p>In conclusion, I passed and was grateful to have the kind instructors proctor me. They were very respectful and I did not feel as if I was being judged nor did I feel uncomfortable around them. Mrs. Morenos kind smile filled the room and Mrs. Howards kind smile also filled the room with warmth and helped me relax. I enjoyed CPE and feel like I was prepared for this moment as we went through mod 4.</p>
<p>Step 3 Evaluation</p> <p>After CPE both instructors said that I did so well that they did not have anything to correct me on. As always, I was in my head and thought over and over again of what I could have done wrong but after praying before and after, the outcome of passing was a success. Again, I was very happy to have such sweet kind instructors who made the room feel welcoming and relaxing.</p>	<p>Step 6 Action Plan</p> <p>When I received the new report of the patient, I automatically looked over meds and which ones were a possibility to give. Then I looked over labs and vitals. These gave me more in depth of the patient and what I was supposed to do. I went into the room knowing to do a neuro assessment based off of the report and then after asking questions in the room to the patient, I was able to make a clinical judgement on the meds to give. Overall I was prepared and CPE was a great experience.</p>