



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</p> <p>During CPE I was able to critically think to get down to the two medications I needed. I was able to look at lab values, pain level, and vital signs to hold medications for the safety of my patient. The result of this being I passed CPE.</p>	<p>Step 4 Analysis</p> <p>This module helped prepare me for CPE in getting ready mentally. The SIM we had during this module was very similar to what CPE critically thinking wise.</p>
<p>Step 2 Feelings</p> <p>At the beginning I was terrified. You don't really know what you know until you're tested on it. During the CPE I thought it was easier than module 2 CPE because I knew and remembered more. I was more confident in the room this time. So for the most part this event made me confident, I did get a bit down when I failed for time. I honestly though it kind of sucked failing the first time for time, I think it would be more beneficial to add 10mins for get a time reminder during the half way point, kind of like we get for module 2.</p>	<p>Step 5 Conclusion</p> <p>I learned from this event that I know more than I think I do. It helped me get more confident as a nursing student. I did realize that I need to be quicker in doing things, so probably practice more. A change I think would be great is adding more time to CPE.</p>
<p>Step 3 Evaluation</p> <p>What was really good on this event was the way we have to critically think to be able to give the right assessment and hold medications. We were really tested on what we should know up to this point. What was bad was the time amount we were given, you can't do a thorough assessment, talk to patient, etc with a short amount of time given (I think anyway). Everything besides that was really good and what I expected going into CPE.</p>	<p>Step 6 Action Plan</p> <p>This event has taught me to be confident in myself and given me a better understanding of nursing. I feel better as a nursing student leaving this module. I really liked how this module did not stress CPE and said we would be ready. I really felt like that was true!</p>

