

Covenant School of Nursing Reflective



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?

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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>Today 12/05/2022, we have our final CPE at sims center with our instructor and module 5 instructor. For the CPE we must perform giving medication according to our report of the patient. my role for this CPE is being the nurse and giving medication to the patient and the instructor role is being the patient and observing me at the same time. The result for my CPE was I pass on my first attempt.</p>	<p>Step 4 Analysis</p> <p>I was able to perform patient safety such as identify the patient, hand hygiene and the main key point for this CPE is patient safety and safely administering medication to the patient. I was under some pressure while performing the skill because the instructor was watching me, but I was proud of myself that I pass the CPE and this shown that I can perform under pressure and confidently performing the skill. The impact of the instructor perspective was very good for my future experience because they give me a lot of useful feedback.</p>
<p>Step 2 Feelings</p> <p>At the beginning when I first arrive to the sims center, I was feeling very nervous, and I was thinking that I was going to perform bad and fail the CPE. The CPE make me feel nervous and confident at the same time knowing that I have done this through out the module in the hospital. For the final outcome I was feeling very proud of myself knowing that I pass and the work I put in was paid off.</p>	<p>Step 5 Conclusion</p> <p>I think I should have calm down and not being too nervous before the CPE could have made the CPE went better. My anxiety was kicking in the night before the CPE and I did not get a good sleep. What I have learn from this event is that knowing what I have practice paid off.</p>
<p>Step 3 Evaluation</p> <p>What was good about this event is that the event tests the skill that I have been practicing through out the module and I can see how I will perform. The difficult of this event is not knowing what to expect and there is instructor watching me making me feel more nervous but what went well was the moment I start my CPE, I forgot about the instructor being in there and just performing my skill. I was expecting that I fail the CPE because I was thinking that I was missing some step in my performance.</p>	<p>Step 6 Action Plan</p> <p>My overall thinking for this event is good knowing that I am going in the right direction. For the next time, I would try to be less anxious because I always overthink everything. I can use this accomplishment to my patient interaction in the future. This taught me to be professional because if I'm nervous, the patient would think that I don't know what I'm doing and would not trust me to perform the skill on them. I can use the experience and keep improving my skill to further providing safety to my patient in the future.</p>