

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> <ul style="list-style-type: none"> • I completed my CPE successfully by administering medications to my simulated patient and performing universal competencies • CPE took place today, 12/05/22 • I was at the simulation lab in room 3 • Two instructors from module 5 and 6, and Dr. Nesbitt were involved in my CPE grading • I was performing my CPE by reviewing the patients chart and performing necessary task such as giving medication and assessing • I played the role of the nurse • The instructors played the role of the patient, and some observed • The result was that I passed my CPE successfully 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> • I was able to apply knowledge that I have learned since module 1 to the CPE scenario in order to keep the patient safe • Evidence in the literature shows that patients safety is put in danger when we do not take necessary precautions and safety • The body of knowledge that practicing clean and aseptic technique to ensure patient safety and decrease risk for infection is relevant because we have to perform all in order to pass CPE and keep the patient safe • The broader issue of medication errors arise from this event • I can make sense of the importance of checking medications and labs, and identifying the patient • What was really going on is a test of critical thinking and patient safety • I am unsure of how other peoples CPE experience went because I did not talk to my classmates after • The impact of the patients perspective is important because I want the patient to feel comfortable and confident in my care for them.
<p>Step 2 Feelings</p> <ul style="list-style-type: none"> • At the beginning I was feeling very nervous and anxious • I was thinking that I should calm down because I prepared well and know what I am doing • The event made me feel anxious at first but then competent after in my abilities through what I have learned throughout nursing school • The actions and words of the instructors made me feel more calm and reassured by y performance, and comforting before I began • Their comfort made me feel much less stressed during my CPE • I felt confident and proud of the final outcome, I passed successfully • The most important emotion I have about CPE is feeling competent and proud of myself for preparing well and performing to the best of my abilities • This is the most important feeling because we are being assessed over actions we will perform everyday as a nurse and keep our patient safe. and it is important to feel competent 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • I could have made the situation better by not allowing my anxiety to overwhelm me • I don't think others could have made the situations better, the instructors did a great job at preparing us for what to expect • Something I could have done differently is communicated better with the patient instead of rushing to finish in time • From this event I have learned the importance of time management, how to ensure my patients safety and how to read labs and charts to make sure medications are not being given for certain lab values
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • What was good about CPE is that I was able to pass and learn the importance of patient safety and reading through the chart • I wouldn't say anything was bad about CPE, it just causes nerves because you are being evaluated closely • It was easy to perform some aspects since we were given the assessment and didn't have to perform it • It was difficult to remember certain elements for me since it is a simulated situation • Picking up cues from the chart went well • Passing medications and performing universal competencies went well • The instructors did a good job at explaining what was going on and familiarizing us with the environment • I didn't expect a different outcome from CPE, it went well • I cannot think of anything that went wrong or not as expected, I think the expectations were very clear • I contributed too my CPE by preparing well and familiarizing myself with the medications and reviewing universal competencies 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • Overall I think CPE is a great learning opportunity and a good test of ability to critically think • One conclusion that I can draw from this is that it is important to read the details in the patients chart to ensure safety. I can justify this because I noticed the patients platelets were too low to give the blood thinner, which could have been dangerous • Next time I will slow down and make sure I am not missing any cues in the patients room because I was rushing to meet the time requirements • I can use the lessons used from this event in the future in clinical by prioritizing patient safety • I can apply these learnings to other events such as taking paying attention to detail and cues during exams • This has taught me that professional practice is important to keeping patients safe and I learned about myself that I am capable of more than I think and that I shouldn't let my nerves overcome me • I will use this experience to improve my practice in the future by always prioritizing patient safety through universal competency