

## 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><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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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><b>Step 1 Description</b></p> <p>Today we had CPE, I had a scenario to administer an IVPB and PO meds. The Vital signs and head to toe were done for us. We were given lab values to compare with the medications we were to administer. We had twenty minutes to prep then twenty minutes to demonstrate our understanding.</p>	<p><b>Step 4 Analysis</b></p> <p>I can apply slowing down and really looking into the small details. If it would have been a real patient that I gave the medication to I would have had some consequences and extra monitoring of my patient. I totally understand why I failed the first time and I plan to learn from it and look at detail better. I was letting the nerves get to me and more worried about universal competency then simple things such as low or high lab values. I should have understood what the effects the drug had and known that it was understood wrong.</p>
<p><b>Step 2 Feelings</b></p> <p>We had the weekend to think about our scenarios and to go over the packet to prepare ourselves. This helped me to better understand my patient given I had technology to help me. I was feeling confident all week going into today. However, when I arrived, I began to get nervous. The more time that passed I began to start overthinking what may need to be done for my patient. When I began it took me a minute to gather myself, but I feel like I did everything pretty well. Most importantly I felt accomplished when it was all said and done.</p>	<p><b>Step 5 Conclusion</b></p> <p>Next time I can double check the doctors order if I feel like I don't understand why that is what it is. I know you can't expect doctors to always be right when they place orders, so the small details are important to protect your license and to stop you from harming a patient. I'm glad this happened on a sim patient and not a real patient so I could see how medication errors are so easy to make without having to suffer the consequences.</p>
<p><b>Step 3 Evaluation</b></p> <p>It was good to have someone in the room so you could hear the patient's opinion. I do like that you really have the patient safety as a top priority and make sure we understand that. The difficult part is not being able to have another nurse there to trouble shoot ideas off. Sometimes you get stuck or want more information but are only given certain information. I did administer a medication wrong because I confused the less than and greater than sign. This really upset me that my nursing skills were there but not so much my basic skills.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think overall it is a great environment to learn. I do like that the instructors are not there to make it hard but to just help you understand the critical elements. Overall the organization of the day went smoothly and I feel the time management was kept close to what was expected. We all had plenty of time to do our skills and still have some time to think through what we just did. I will apply the medication error to my future in nursing by slowing down and being a safe nurse when it comes to medication and skills. I can see why medication administration is so important.</p>