

## 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>December 5, 2022, I went to Covenant School of Nursing's Sim center to perform CPE. Mrs. Starch and a module 5 instructor watched me perform medication administration. I gave a PO med first and then an IV piggyback medication.</p>	<p><b>Step 4 Analysis</b></p> <p>At the beginning of the scenario, I utilized AIDET when approaching my patient. During my scenario I utilized aseptic technique the whole time. I used hand hygiene, gloving, alcohol pads and caps for the IV tubing, and maintained sterility for all medication administration. Before administering the medications, patient teaching was utilized on each medication. After the scenario was finished the "4 p's" were utilized as well as hand hygiene.</p>
<p><b>Step 2 Feelings</b></p> <p>For about a week I was building up anxiety about CPE. The morning of CPE I was so nervous and kept thinking to myself "I am going to forget everything I know once I get into the room." I prayed for my nerves to be calmed and to relax as I waited in the library for my turn. Walking into the exam room, I still felt nervous, but I was able to calm down a bit. After it was all said and done, I felt fair about my performance.</p>	<p><b>Step 5 Conclusion</b></p> <p>I do not think there could have been anything others could have done to make the situation better. Overall, it was a good experience and nowhere near what I thought it would be. I believe having more confidence in myself and being able to perform the skills would make the situation better.</p>
<p><b>Step 3 Evaluation</b></p> <p>Something good about the event was that we were able to prepare and go over everything with our instructors ahead of time. I also enjoyed being able to focus on one skill, instead of having to do several. Nursing out loud and universal competencies were a couple of things I performed well. Honestly, I expected my nerves to get the best of me and must come back in the afternoon to redo the exam.</p>	<p><b>Step 6 Action Plan</b></p> <p>My overall thought of CPE is that it is always nerve racking during the time leading up to it. Once it is over, it is never as bad as I make it out to be in my head. I appreciate the feedback from the instructors on how to improve my skills and knowing what I performed well. Being able to have the debriefing afterwards is helpful for self-improvement.</p>