



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.

Step 1 Description

A description of the incident, with relevant details. Remember to maintain patient confidentiality. 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

- 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?

Step 4 Analysis

- 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 (e.g. personnel / patients / colleagues)?

Step 2 Feelings

Don't move on to analyzing these yet, simply describe them.

- 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?

Step 5 Conclusion

- 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?

Step 3 Evaluation

- 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?

Step 6 Action Plan

- 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?

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"> • CPE • Monday 2/20/2023 • At the simulation center • An instructor from IM 4, an instructor from IM 6 and a guest From the LCU-Nursing-MSN program • I was going to perform my CPE • I was the nurse of the patient • I was being evaluated by the instructors and guest • I was able to perform and pass the CPE 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> • What I can apply to this situation from previous knowledge, studies or research is believing in myself. • I once read an article that said “confidence comes from within and nurses have to believe in themselves” • I believe confidence builds over time
<p>Step 2 Feelings</p> <ul style="list-style-type: none"> • At the beginning, before receiving the chart I was feeling nervous • I was thinking I was not fully prepared to perform the CPE • Once I had the chart in my hands, I was able to take a deep breath and focus and begin to slightly believe in myself • Once I got into the pt’s room I began to get more nervous because there were three individuals watching me instead of two • I just had to remember and believe in myself that “I know what I was doing, I have been thought what to do” • I was surprised with the outcome • I was happy and proud of myself • This feeling is important to me because I tend to always lack confidence in myself. 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • I could have made this situation better by walking in the patient’s room with my head held high and full of confidence instead of walking in there full of anxiety and self-doubt of my abilities. • Others could have not made this situation better • I could have had a different mindset • I learned that I need to stop having self-doubt
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • The event was good because I had three individuals watching me, so this is helping me to get out of my comfort zone. • I lack self confidence • Reading the chart and critically thinking what medications to give what to hold. • Talking to the patient, the patient appeared to be withdrawn • I believe my clinical judgment of administering medication and educating the patient that the acetaminophen will help reduce his fever and at the same time it will help reduce his level of pain rated at a 2/10. • The feedback I received from the instructors and their guest really helped me realize that I do know what I am doing that I need to have more confidence in myself • Yes, I thought I went to fast and believed the instructors would need me to repeat something or have me comeback again and have a redo. I was told they liked the “flow of everything that I need to have confidence that they could see I was shaking” 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • I learned that if I do not keep my self-doubt outside my patient’s room, I can and may harm the patient because as a future nurse I believe that if I lack confidence, I will not have the ability to accomplish a goal or complete a task. • As I mentioned before “confidence is build over time”, and I know it will not be easy for me but I know that with time I will learn to overcome my anxiety and be able to walk into a patients’ room full of confidence.