

# Covenant School of Nursing Reflective Practice



*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.” (Tingos 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. <u>Remember to 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' perspectives?</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>

# Covenant School of Nursing Reflective Practice

*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> <ul style="list-style-type: none"> <li>• Pt admitted for WROSEPSIS - oriented x2 - taking care of him &amp; doing assessments/meets</li> <li>• 0800 2/20</li> <li>• hospital</li> <li>• me (nurse) ↓ patient</li> <li>• looking over assessments &amp; giving meds</li> <li>• nurse</li> <li>• ms. starch - pt, levels - grading</li> <li>• I did everything I needed to ↓ passed</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• Simulation practice has been proven to make you a stronger nurse &amp; improve on your skills so CPE was a good practice scenario</li> <li>• I was able to take theory &amp; turn it into practice</li> </ul>
<p><b>Step 2 Feelings</b></p> <ul style="list-style-type: none"> <li>• Anxious/panicking - overthinking</li> <li>• Am I missing something &amp; am I going to pass</li> <li>• I thought I would calm down I started but I never did</li> <li>• Nothing that anyone said made me think anything specific - I was nervous &amp; ready to cry</li> <li>• I was relieved w/ the final result</li> <li>• Anxiety</li> <li>• It was making me overthink</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• I could have been more confident in myself &amp; not overthink it</li> <li>• I learned that I know what I'm doing, I tend to fall into the rabbit hole &amp; it gets me into bad situation. I need to stop doing that</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• I felt confident in my actual skills - just thought I was missing something</li> <li>• The anxiety</li> <li>• knowing how to interact with the patient &amp; knowing which meds to give</li> <li>• I wasn't in my normal routine of taking care of pt's &amp; was thrown off (I felt all over the place the entire time)</li> <li>• interacting with the patient &amp; being thorough</li> <li>• Mrs. starch &amp; the observers were encouraging (she made a great patient)</li> <li>• I thought I wasn't doing it correctly because it felt like I wasn't doing enough</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• I think that CPE was a good learning experience. It gave us a chance to look through the chart &amp; critically think on our own. We have always done that in group settings but never on our own</li> <li>• I can use CPE as an example on what to do in the future &amp; apply it to other learning situations</li> </ul>

- I could hear my voice shaking + had to backtrack a lot but I know I was hitting the main safety points
- I did all of my paperwork, prepped everything + took care of the patient w/out harming them