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." (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 eg. personal / patients / colleagues' perspectives?
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?

Prehospitalresearch.eu – licensed by CC 4.0

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.

Step 1 Description CPE went as expected. Having to time crunch was slightly inconvenient because all we learn about is time management and how to manage our time wisely. I executed my tasks effectively within the time I was given, but I did second guess myself when it came to the bed rails. I had put four up, having the feeling that it wasn't right and even exclaimed that I didn't feel as though it was exactly correct. But I had a patient that was extremely confused so I took that as an extra precaution. In result, I failed my first attempt.	Step 4 Analysis With CPE we are able to apply all the things we have learned throughout the program into action, which helps rack our minds and critically think. It is a very helpful experiment for us because we are solely responsible for the care of our patient and there is no one guiding us, letting us really test our knowledge. I also think it is a reassuring experiment for us when we do do well, we are realizing that we are learning from lecture and clinical experience.
Step 2 Feelings The way I felt before and during the CPE was calm, yet with then time crunch I did feel crunched. That caused me to overthink and over analyze, second guessing the littlest things. I needed up failing the first time which was upsetting, but I was prepared because I knew I had made a mistake right when I put that bed rail up. I think I was a little frustrated because putting up the bed rail did nothing to harm my patient, but I do understand policy.	Step 5 Conclusion I don't think I have much to critic on other than the allotted amount of time we were given. I think with maybe even thirty minutes, it would allow us to use what we have learned about time management effectively.
Step 3 Evaluation I think CPE is always a helpful experience, but I do think some things should change slightly, like amount of time. I felt like I did well and the feedback I got reciprocated how I felt about my performance. The only thing was me leaving the room with the forth bed rail up and getting a fail that slightly has be thrown off. Again I understand policy, just was a shock when I had to do the redo.	Step 6 Action Plan I don't think there is much I would change about how I executed this CPE. I would go back and overview Universal Comps and policy on restraints before going next time. Overall I am very satisfied with how I did, and I realized that I can be an effective nurse in the actual world when I'm on my own.

Prehospitalresearch.eu – licensed by CC 4.0