



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>Step 1 Description 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"> • 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? 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> • 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. personnel / patients / colleagues?
<p>Step 2 Feelings Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> • 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? 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • 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?
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • 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? 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • 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> <p>On Monday, February 20, 2023 I went to the fifth floor at Covenant Children’s hospital to complete my CPE. In this situation, I was by myself and I had two different instructors watch me perform skills that I have learned throughout my current and previous modules. As a result, I passed my CPE.</p>	<p>Step 4 Analysis</p> <p>I can apply my previous knowledge of assessments and how to correctly administer medications safely. Some evidence or research surrounding medication administration is med errors. An example who be, a nurse from Vanderbilt Hospital giving a wrong medication to a person and the patient ended up passing away. This shows the importance of slowing down and why we practice the 7 rights as well as doing assessments before we administer medicine so we know how the patient has been effective.</p>
<p>Step 2 Feelings</p> <p>At the beginning of my scheduled time, I was nervous and thinking of all the ‘what ifs’ that could possibly go wrong or be forgotten. We weren’t allowed to discuss CPE with anyone but from previous CPE experiences I think everyone just gets nervous and anxious of what task we will be given on the spot. I was really excited about passing my CPE, I think at times I doubt myself and its just a positive reassurance when I pass. I think the most important emotion is confidence, this helps with not overthinking and sticking to the education I have learned.</p>	<p>Step 5 Conclusion</p> <p>I could have made this situation better by believing in myself when I knew there was not an assessment for me to do because they were already done. I need to stop overthinking because it leads down rabbits holes. The instructors this module really helped with giving us confidence that we are able to do the tasks they give us. I think overall this situation helped my realize I have the knowledge of what I need to do and how it needs to be done.</p>
<p>Step 3 Evaluation</p> <p>What went well was I caught myself making a mistake and fixed it I hung my piggyback and almost forgot to drop my primary bag, but I noticed and fixed it immediately. Something that went bad was I thought I would need to go in there to do an assessment and then when no assessment weren’t necessary it kind of threw me off a bit. I performed a quick respiratory assessment and the whole time I was thinking that I hoped I didn’t fail for doing an unnecessary assessment. What went good was having my med sheets available for me to look at with my notes. It gave my mind peace knowing I had my notes with me just in case I got to nervous and forgot something in the moment.</p>	<p>Step 6 Action Plan</p> <p>As nerve-wrecking as CPE may be it helps us perform skills and tasks as best practice. Sometimes best practice is not used in the hospital setting and habits can form. CPE helps us perform what we have learned correctly. A lesson I have learned in CPE and SIM is that no matter what scenario is being thrown to you, you must find a way to adapt and be flexible with your plan of execution. I think lesson can be used for so many other things in life and not just CPE.</p>