



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 on 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>

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>                  On Monday, February 20, 2023, I was about to participate in a graded CPE that was being conducted at Covenant Children's Hospital. I was very nervous and anxious, I tried my best to maintain composure and not allow my nerves to get the best of me. I was greeted by Mrs. Coulombe and two guest MSN students, they were very kind and encouraging. Three other students and myself were then led to the library so we could begin our prep work and look over the updated chart. We were given approximately 20 minutes to gather all the necessary information and critically think about our patient and our scenarios. When the prep time was finished, we were then led to our CPE rooms which consisted of one instructor from our module, mine was Mrs. Moreno, and another instructor from module 5. Mrs. Moreno oriented me to the room and read me necessary information so I could begin my CPE. My anxiety and nerves remained with me thought out this time, but I did my best to act "normal" as I entered the patients room to begin my CPE. Fortunately, I had a good outcome and I was ecstatic that I remembered all the necessary elements and passed my CPE the first time.</p>	<p><b>Step 4 Analysis</b>                  Skills that I can used in CPE are skills I learned from Module 1 up to now in addition to everything I learn during clinical days at the hospital. Module 4 has to be my favorite thus far in regards to how our clinical days went and how SIM lab days were as well. I think a simulation of what to expect during CPE is very helpful and "works out" any anxiety or apprehension students may have. I particularly enjoyed the unit I was on in this module and I liked that we were able to stay in that unit for the entirety of the module. I only had 1 negative nurse experience out of several days that I was there and following different nurses.                  I was able to take the knowledge from clinical and previous SIM labs and apply it as a whole in order to meet the requirements to pass the CPE.</p>
<p><b>Step 2 Feelings</b>                  As previously stated, I was very nervous all throughout the process. Those neves never settled until I was back in my car and driving home. However, I think being very nervous is a common feeling, I know I was not alone in this. To be honest, I was not nervous until I sat in the gathering room next to the lockers. It was there when it all sunk in and everyone else's nerves rubbed off on me. Overall I was happy about the outcome, it was a huge sense of relief and I was able to "check off" another box, placing me that much closer to module 5.</p>	<p><b>Step 5 Conclusion</b>                  Even with a positive outcome there were definitely some things I could have done better such as not forgetting the hanger for my fluids. And also maintaining a good work flow so I don't confused myself especially during med administration.                  If I had to change one thing I think it would be gathering the students in a room prior to CPE. Personally, people's moods and vibes regrettably influences mine and this was a prime example of a time where it happened. All weekend I was fine and did not think twice or question my skills or knowledge. However, when I arrived at the SIM lab and we sat in the waiting area before entering the library, all the tension could be felt from each student and it pressure me into feeling tense as well.</p>
<p><b>Step 3 Evaluation</b>                  The overall CPE experience went well in my opinion. I think the professors were very, very organized and timely. They were also very detailed and answered all the questions we might have. The direction was clear and the expectations were laid out before we even set foot inside the CPE room. I truly appreciate knowing what I am about to walk in to. I don't think I can say the CPE scenario was "easy" but I also do not think it was hard. If anything, I would say it was fair. All the elements that were expected from us were thing we already were expected to do in clinical and the teachers reinforced that fact. This helped my confidence and critical thinking because I just imagine myself being at the hospital and frequently asked myself "what will I do next if I was in clinical?". I did have a mishap of forgetting my IV bag hanger to drop down my primary fluid, and that disturbed the flow of my scenario. But other than that I think it went pretty well and Mrs. Moreno's feedback was great and informative.</p>	<p><b>Step 6 Action Plan</b>                  Overall, I thought everything about CPE was conducted well. All of our materials were present and we did not have to pretend to carry out our skills. We were required to act as if we were in the hospital taking care of patients and that's how I think it should remain.                  If I was to make one suggestion it would be to separate the students from the very beginning rather than gathering in a common area prior to the CPE.                  Having the opportunity to carry out scenarios and being able to practice of manikins instead of real patients is a true blessing. We can refine our skills and do it in a controlled environment.</p>