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Covenant School of Nursing Reflective

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'
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?

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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	Step 4 Analysis
I went up to the simulation center at Covenant Children's hospital for our graded CPE exam. This happened Monday morning on April 17th, 2023. My instructor Mrs. Moreno and a module 7 instructor were involved, and it lasted about twenty minutes. In this simulation I was a nurse giving care to a med-surg patient and giving medications in a safe manner. I used critical judgement to hold two medications. I passed my graded CPE with the mentorship of my instructor in the classroom and in clinicals.	Hand washing is a crucial part of this whole CPE process for me. I was told in my last CPE that they would like to see more handwashing. So, in return I took this advice and instilled it into my practice. I know that in previous studies, I read how important it is to handwash because this is the number one way that germs get transferred from room to room. I know that every teacher has instilled in us as a class the issues that can arise from not using proper hand hygiene.
Step 2 Feelings	**Step 5 Conclusion**
In the beginning, I felt overwhelmed, stressed, and afraid. At the time I was thinking about my seven rights, and I was thinking to myself that I know this. The CPE simulation process had me feeling nervous because every grade counts. I felt happy and relieved when I found out that I passed CPE. The most important feeling from today is feeling relieved. This is the most important emotion because it feels great knowing that all my hard work throughout the modules has stuck with me and paid off.	I think I could have made this situation better by going in more confident. I tend to get nervous and when I get nervous, I start forgetting things. I told my peers that they could make their situation better by making an appointment and practicing. I learned from this event that practicing is a good way to get familiar with your environment. If you miss something it is better to do it in practice than during the actual test.
Step 3 Evaluation	**Step 6 Action Plan**
The great activity about CPE is that my teacher made me feel prepared for the event. The bad thing about the event is that I let my nerves get the best of me so whenever I put hand sanitizer and was trying to put my gloves on it made it harder. The things that went well for me were the introductions and the steps before leaving the room. Because this was instilled for us to do since the beginning it came naturally. I contributed to this CPE by coming in on Friday with my desk partner Lupe to practice.	Overall, I am pleased with my graded CPE. I provided safe care for myself and the patient. I learned to verify my medication in three ways for the safety of the patient. I learned throughout this module when to hold a medication and to always verify with the doctors' orders. I held two medications and if I didn't verify with the labs this could have been harmful to the patient. This CPE simulation has helped me practice in a safe manner, and I will carry this knowledge on to the next couple of modules.