



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 <small>eg. personnel / patients / colleagues?</small>
<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?

Step 3 Evaluation <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?	Step 6 Action Plan <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?
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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.

<p>Step 1 Description</p> <p>Today, I had my graded CPE at the Simulation Lab. I was responsible for taking care of a patient by giving medications and assessing for anything necessary. The people involved were me, Ms. Starch, and a module 5 professor. The role I played was the nurse, Ms. Starch role played the patient, and the module 5 professor was a second set of eyes for grading purposes. The result was successful in me administering the proper medications and displaying patient safety in the process.</p>	<p>Step 4 Analysis</p> <p>What I can apply to this situation is my past experiences in clinical, lectures, and previous modules in terms of how to assess, properly administer medications, and the step-by-step process on performing aseptic technique and safety to myself and the patient. A broader issue that arises from this event is the important of how prevalent medication errors happen and how one little mistake can be life threatening to the patient. What sense I can make of this situation is that the patient wasn't in an immediate life-threatening state, but if I didn't safely administer his medications or do proper aseptic technique, the patient could easily be put in a life-threatening situation. Other classmates that I talked to after all the testing was completed were very similar in terms of how they felt and their thought process. Different perspectives make a big impact on patient care. Some people may have better techniques while other may not. While collaborating on these perspectives we can reflect and teach each other on ways to become better patient advocates and caretakers.</p>
<p>Step 2 Feelings</p> <p>In the beginning, I was feeling very nervous. At the time, I was thinking of everything I needed to do and how to do it effectively. The event made me feel nervous in the beginning, but once it was done, the event felt fun in the sense that I was able to apply everything that I have learned and see where I stood in my skills. The words of the others in the room made me think that I did a good job and that made me feel good about myself and where I stood in my skill set. I felt very pleased with the final outcome, even though I knew there were some mistakes I made that needed improvement on. The most important emotion I have about this incident was relief. This is the most important feeling to me because I question myself a lot and being able to work on my own and be tested under pressure and succeed gave me relief in myself that I am capable, and I do know what I'm doing and to trust that.</p>	<p>Step 5 Conclusion</p> <p>I could have made this situation better by using better time management and remembering to scan the Levofloxacin before hanging it. One thing I could have done differently is scan the medications all at once instead of each time I went to give one medication so that I didn't forget one. What I learned from this event was that I do know what I am doing and I need to trust and believe in that instead of getting anxious and doubting myself.</p>
<p>Step 3 Evaluation</p> <p>What was good about the event was how nice and supportive the professors were. Ms. Starch gave me a second to breathe and was supportive and kind throughout the whole testing process which meant a lot during a high stress situation. There wasn't anything bad about the process. I would say the whole CPE testing process beginning to end was easy, because they prepared us so well and made sure we felt confident going into the test. What was difficult was managing my time in under 20 minutes, but overall, I believe the whole process went well. I did not expect a different outcome than what took place today, because Mrs. Moreno (my clinical advisor), did a wonderful job in preparing me and refining my skills all module so that I felt comfortable in what to expect and do. One thing that went wrong was that I forgot to scan the Levofloxacin before I hung it. I am not sure why I forgot to do it besides my anxiety getting the best of me. I contributed to fixing this error by confirming it on the EMAR first, making sure it was all correct, and then verbalizing the mistake I made as soon as I made it.</p>	<p>Step 6 Action Plan</p> <p>I think overall, the CPE was successful and an awesome way to test our knowledge and skills. One conclusion I can draw is that the module 4 professors went above and beyond to refine our knowledge and skills. I justify this by my own experience of not having confidence in my skills last module, do ending this module knowing that I can do all that is asked of me and doing is effectively and safely. With hindsight, one thing I would do differently is to scan all my medications at the same time instead of going back and forth. I can use these lessons learned in the future by remembering how serious of a mistake that is and not making it when it comes to real life patients, and I can also apply these to other events. This CPE taught me that it's important to be professional and to have confidence because without it, it's easy to make life-altering effects to the patient you're caring for. I will use this experience to further improve my practice in the future by working on better time management, trusting myself, and scanning medications all at once so that I do not mistakenly give a medication before documenting and verifying again.</p>

