



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 (e.g. personnel / 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?

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>I participated in the module 4 CPE today in the Covenant School of Nursing simulation lab. The CPE involved myself, Ms. Starch, and an instructor from module 5. The CPE consisted of a nurse/patient simulation where I, the nurse, conducted medication administration, patient safety, and safe nursing practice. Ms. Starch participated as the voice of the patient while simultaneously grading my performance while the other instructor observed and also graded my performance. The CPE resulted in passing grade for me.</p>	<p>Step 4 Analysis</p> <p>I applied information I've learned from previous modules during my CPE. Patient safety and medication administration are relevant to the CPE situation. Knowing when to hold medications based off of lab values for your patient is so important. Broader issues that can arise from giving an ordered medication, even if the labs are indicating to hold it, can cause in patient bleeding or death.</p>
<p>Step 2 Feelings</p> <p>At the beginning of the CPE, I was very anxious and nervous. I was thinking that I was capable of passing but still had some anxieties regarding the CPE process. While working through the CPE, it made me feel at ease and confident in my nursing practice. Ms. Starch was very encouraging at the end of the CPE and it made me feel so proud. I was very happy with the final outcome of me passing. I think the most important emotion was joy and the most important feeling was capable/confident.</p>	<p>Step 5 Conclusion</p> <p>I think the CPE simulation was great for testing our knowledge and patient safety. The instructors truly did such a fantastic job with the simulation and set up that it eased my anxiety and made for such a great learning experience. Not stressing as much and trusting my experience is something I would have done differently. I primarily learned to coordinate patient labs with patient medications and knowing how the two intertwine while still maintaining patient safety and safe medication administration. This CPE was truly a great learning experience.</p>
<p>Step 3 Evaluation</p> <p>The CPE was good because it tested my ability to practice safe medication administration while simultaneously maintaining patient safety and knowing when to give, or hold, medications. Nothing was bad regarding the simulation- it was a great experience. The preparation was fairly easy and doable while demonstrating under pressure was difficult. I feel that the entire CPE went well and I did particularly well on maintaining patient safety with the fall bundle, 4 p's, and hand hygiene. The instructors did a fantastic job of walking through what to expect for the CPE process with us at muddy waters. I did not expect a different outcome, I was very hopeful I would pass on the first time, which I did. I was very lucky that nothing went wrong in my CPE, I was very well prepared.</p>	<p>Step 6 Action Plan</p> <p>Overall, the CPE was great at testing my knowledge. The conclusions I can draw from this is that I'm more than capable of completing a safe medication administration and that is justified by my passing grade. I would worry less and trust that I am capable of passing. I can definitely apply the lessons I learned in this CPE in real world scenarios at the hospital during clinical and when I become a nurse on the floor. Patient safety is definitely a universal learning and can be applied to many other day to day events. This has taught me that I am capable of professional practice and that I do not give myself enough credit sometimes. I will continue to make patient safety and safe medication administration a priority in my future endeavours with nursing.</p>