



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 (e.g. personnel / 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>

Katie Dunn CPE Evaluation

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>When I went in the room and read the chart, I saw a few things that caught my eye that played a role in what I did. I saw the parameters that the HCP had ordered that went along with the meds I had researched over the weekend. I also viewed and assessed the recent labs, vital signs and assessment that were recent. All of these things played a part in what I did once I entered the room. I decided to hold the lisinopril because the blood pressure was too low, the clopidogrel because of the low platelet count, and the acetaminophen because he did not have a high enough temperature. That left me with the Levofloxacin and 2 options for a pain med if the patient was in pain. When I went in the patient's room, I did a pain assessment and decided to give hydrocodone/acetaminophen based on his pain level. I made sure to do all my universal competencies while assessing and administering medication to my patient.</p>	<p>Step 4 Analysis</p> <p>I can apply learning about blood pressure meds and checking blood pressure and heart rate prior to giving them. I have also learned to check platelet counts before giving blood thinners. I also knew to evaluate respiratory rate before giving opioids. I applied my previous knowledge of these facts to help me decide what to do in the scenario. I think most people had a similar experience, but the ones that did differ than mine were important because they missed a universal competency or did not make the right decision on medications to give.</p>
<p>Step 2 Feelings</p> <p>When I initially was in the library, I was super nervous, not because I did not feel prepared but because of it being CPE and 10% of my grade. I did feel competent and able to complete the scenario. As I read the chart my nerves started to calm and I was feeling more confident. When I got to the patient's room and did my CPE I felt confident in what I was doing, but still nervous because of the fact that it was CPE. I was so excited and proud of myself when I heard that I could go home and did not have to come back. I am very pleased with the way my CPE went and for passing the first attempt!</p>	<p>Step 5 Conclusion</p> <p>I think the only thing I could have done to make my CPE go smoother would be less anxious. That is something that I do not blame myself for because I think it is to be expected in this scenario. Going into a scenario where you do not know what is going to happen, you are working with a mannequin, have two people watching and grading, and thinking about how this is worth 10% of our final grade is a scary thing, even though I do feel confident in my skills and medication administration abilities. I knew I could do this because I have been doing this exact thing on the floor for a while, but I did learn that I am capable of going and passing CPE.</p>
<p>Step 3 Evaluation</p> <p>I think my decisions of what medications to hold, what to give, and my evaluation of all of the pieces of the chart came together. I was able to take care of my patient exactly how I was supposed to. I do not think anything went bad! I think the difficult part was just the overthinking that came prior to Monday. Since I had the medication all weekend, I ended up thinking about all of the different possibilities that could happen way too deep and the actual scenario was easier than I had made it in my head. I think overall the whole scenario went well. I am not sure what I was expecting for CPE, but the given scenario was not what I expected. I contributed to my CPE by being prepared and having confidence in myself even though I was nervous.</p>	<p>Step 6 Action Plan</p> <p>I think overall it went very well. In hindsight I did everything that I would have wanted to do besides being more confident while in the sim patient's room. Talking to a mannequin is always so much more difficult than talking to an actual patient. I do not think I necessarily learned anything <i>new</i> from CPE. I think I applied a lot of my previous knowledge to complete the scenario, and I will carry that previous knowledge with me during of my career. I will use this CPE experience to increase my confidence in everything that I have learned in nursing school so far. I think this situation mostly showed myself that I can make the nursing decisions on my own and do not need to lean on the nurse / my instructor on my floor. Obviously, it is amazing to have resources to be able to call on and ask questions and on the floor the nurse and my instructor will be involved, but I know that I am knowledgeable and more confident in myself now.</p>