



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 (e.g. personnel / patients / colleagues)?
<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?
<p>Step 3 Evaluation</p> <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? 	<p>Step 6 Action Plan</p> <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?

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>On Monday morning I took my CPE. I would say right from the start I was really nervous. More so of the unknown then the skill completion. When I was outside of the room about to start my CPE I got a little panicked and nervous. I was playing the role of nurse for my urosepsis patient. The end result was actually really good, even with being nervous I passed and was able to move on!</p>	<p>Step 4 Analysis</p> <p>I can apply being a confident proficient nurse. Mental health and self care are extremely important and research supports that for students and nurses. I don't really know what broader issues could come from the event I feel it went well. Other students were also quite nervous, and I believe they helped us to come together and be ready for the challenge. As long as your perspective is for the well-being of others, I believe you should be able to speak freely about them.</p>
<p>Step 2 Feelings</p> <p>In the beginning I just felt my heart racing. Hoping and praying I knew everything needed to pass the CPE. The event itself brought me comfort, completed familiar task alongside instructors I felt comfortable with. The words of my instructors helped me back to a sense of calmness. It made me feel like they genuinely routed for my success. The final outcome was the best it could be with a passing score. The most important feeling was success after all the hard work. Finishing strong and able to go into summer break.</p>	<p>Step 5 Conclusion</p> <p>I could have made the situation better by finding ways to remain calm in a stressful situation. I feel that my instructors did well preparing me for the CPE. I don't feel like I would change anything about the care I delivered for my patient. I've learned to constantly stay on top of what I have learned, and to always humble myself.</p>
<p>Step 3 Evaluation</p> <p>Finding my confidence would be the best part of the event. Letting my emotions and stress get the best of me was the worst. It was difficult to overcome just being able to walk into the room. As soon as I did it was familiar from there. I felt that my instructors did well explaining the room to me and making sure I had all the materials needed to succeed. I went in doing the best I could for my patient. I expected to succeed because I've been studying hard for this moment. I contributed to my learning by putting in the time to prepare over the weekend.</p>	<p>Step 6 Action Plan</p> <p>I overall think it was a great way to practice our patient care and skills. As almost half nurses it made me feel more confident every time we get more understanding and practice within nursing. I can absolutely apply these skills to clinical and when I start working in the hospital. It has taught me the most realistic simulation possible to practice my skills and patient care. I will use this experience as I move forward to provide better care for my patients.</p>