

Covenant School of Nursing Reflective Practice



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. <u>Remember to 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 eg. personal / patients / colleagues' perspectives?
<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?

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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>During the event we are given a SBAR on our patient. We are expected to look over all the documentation on our patient and make notes for 20 minutes. After the prep time we enter the patient's room and are expected to successfully and safely administer the medications that are due. We must use clinical judgment to decide which medications are appropriate for the patient based on subjective and objective data. During the whole process we must maintain patient safety and all universal competencies.</p>	<p>Step 4 Analysis</p> <p>I believe that my whole nursing school experience I can apply and implement during CPE. I can apply everything I learned during clinicals and all the time I have administered meds to real patients. I can apply the different disease processes and treatments we have learned to the critical thinking aspects of SIM.</p>
<p>Step 2 Feelings</p> <p>I felt very prepared yet still nervous going into CPE. I had felt that I had taken lots of efficient notes that would help me successfully complete CPE. Once the event began, I became very nervous and let my nerves get the best of me. I did not utilize my notes like I should have. Despite failing CPE, I felt every faculty member was kind and encouraging. Overall, I felt very disappointed in myself because I know that I am more than capable of passing CPE and was given all the resources to pass I just did not adequately use them.</p>	<p>Step 5 Conclusion</p> <p>I think to make this situation better I could have just come in calmer and not have overthought everything. All the faculty was very kind and professional and did everything they could have to help me succeed.</p>
<p>Step 3 Evaluation</p> <p>This event was a very good learning experience. I think the only thing bad about it was just that the nerves that surround SIM lab. I think I did a very good job staying calm despite failing. I did expect a different outcome because I had expected to pass CPE.</p>	<p>Step 6 Action Plan</p> <p>Overall, this situation did not go as I had hope it would. I left feeling very disappointed in myself and even embarrassed. All though the outcome was not what I had hoped for it was a very good learning experience. I believe this event will help motivate me and help me to be successful in future CPE and many other aspects of my life. I am aware that I am fully capable of passing CPE and will use this feeling of disappointment as motivation to do better.</p>