



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> <ul style="list-style-type: none"> • During my first attempt at my CPE I had a unmet, the second go around I had a met. • It happened on Monday April 24th at the Covenant Children's Hospital. • During my first time my instructors were Mrs. Coulombe and Ms. Leavell, the second attempt my instructors were Doctor Nesbitt and Mrs. Severs. • I was administering medication and using my critical thinking skills. • I played the role of the nurse. 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> • I can apply this situation to the next CPE and realize the mistakes I made in order to perform better on the next one. I kind of knew how CPE was going to work but once actually having experienced it made more sense. • I think a broader issue that arises from this event was how much anxiety was felt from not only me but other students. There is so much pressure felt to perform well from everyone it feels like in your life. I think performance anxiety needs to be talked about more in school because I feel like it gets put on the back burner. I feel like it would greatly help people like me who are good students but just have problems dealing with anxiety. • Other people's experiences were similar in they got so nervous that they missed little things or weren't able to think critically as well as they wanted to. • I think the impact of different perspectives is important because it allows the instructors and students to get a better understand of that the other person was feeling in the time.
<p>Step 2 Feelings</p> <ul style="list-style-type: none"> • In the beginning I was feeling very nervous, I have always delt with anxiety, so I think it was harder for me because of that. • At the time I was thinking I can do this but also getting nervous and just trying not to forget anything. • The event the first time made me feel very frustrated and upset at myself. It was hard because I am already really hard on myself, and it made me feel like I wasn't smart enough or capable enough to do this. After the second time I felt a lot better and proud of myself for picking myself up. I knew I could do it I was just in my head and very anxious. • The most important emotion or feeling I have about the incident is happiness. I say this because even though I had a setback I picked myself up and was able to accomplish the task at hand. 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • I could have made the situation better by preparing more, I felt like I prepared well but I could have done more. I could have tried to calm myself down more before going in. • I feel like others did a good job in making CPE as less stressful for us as they could. The one thing I would say that could have made it better was if there was a room where we could have gone after our 20 min prep but before we actually started. The group before me wasn't done yet so we had to wait in the hall before and it made me even more nervous. Other than that, I think others made the situation as good as it could have been. • I have learned that I can handle more then I think, and I am capable of achieving things.
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • I think the organization and time management was good about CPE. • I really don't think anything was bad, it was just nerve wracking but part of that I feel like is the environment. The sim lab just holds a lot of anxiety in general which makes you extra nervous heading in. • One thing that was difficult for me was calming myself down and staying on track with the plan I had coming into it. • I think my second time went really well, I was calmer and able to think more clearly. • I think others did well with encouraging each other. • The first time I definitely expected a different outcome, but I came back and got the outcome I wanted. 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • I think overall the situation went well, there was some ups and downs in the way, but I was able to overcome it. • Something I would do differently is to prepare more heading into it, I think I would also work more on calming my anxiety. I would think through my medications more and pay more attention to detail when administering. • I can apply this to my next CPE's in future modules and also in my test taking strategies for exams. • This has taught me about the importance of looking thought every piece of information and slowing down in order to prevent harm to our patient. • This experience will help me further in identifying my weak and strong points within myself.