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Covenant School of Nursing Reflective

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 eg. personal / 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?

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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.

Step 1 Description CPE is a simulated scenario in which I am acting in the role of the nurse and two instructors are observing my actions and grading based off of the CPE rubric. My scenario was an older male that came into the Ed for a diagnosis of urosepsis. The patient presented with slight confusion, and elevated temperature, frequency of urination, elevated BP, and malodorous urine. We were given the ED report sheet and a list of medications ordered. When we got to the simulation, we were given our current report sheet complete with current vitals, labs, and new orders. We then had to make the clinical decision to administer acceptable meds, hold unacceptable meds and monitor patient safety over our 20 minute allotted time.	Step 4 Analysis I used my previous experience with sim lab and clinicals to be able to apply my knowledge of a real situation to the scenario. The utilization of my NIIs, including things like Med administration, four P's, fall bundle, red rules, seven rights and identification helped me be successful. This scenario involved a patient with low platelets which required me to make that decision to hold his anticoagulant medication. He also had no fever (99.9) so I held his acetaminophen and he was in a low level of pain (2) so I did not administer his order pain medications. The patient had a high blood pressure and a current infection so I did give the anti hypertensive and his antibiotic.
Step 2 Feelings At the beginning of this scenario during our prep, I was nervous. I was looking for what stood out to me and what aspects of this new report our instructors were wanting us to catch. After prep, I felt confident over the decisions that I made for medication administration and I felt sure that I would know how to safely take care of my patient. I was very excited with how I completed my scenario and although I felt like I was forgetting something, I knew that everything I had done, I did right.	Step 5 Conclusion If I could change anything about what I did, I would make myself be a little more organized and have a better flow of how I did things. I repeated myself often and I looked at my notes quite a bit to see what or if I was forgetting something. I learned how to better take care of a patient in a real life setting and I learned how to look at vitals/labs before administering medications.
Step 3 Evaluation What's the amount of preparation time we were given (both in class and immediately before the scenario) I think that they gave us all of the necessary tools to be successful. They explained all of the components very clearly and gave guidelines for our medications as to what limitations they had and that helped me to make clinical judgments. The only thing that didn't go well for me was that I let my nerves get to me so I didn't keep the order and organization that I wanted to and I felt like I repeated myself often. I thought that the goal of this CPE was not trying to trick us, it was ensuring that we can make a clinical judgment, justify our decision, and do it all safely.	Step 6 Action Plan I think overall this scenario was a great learning tool and allowed me to really perfect my nursing skills. It gave a great representation of a real life situation and gave me more confidence about being a nurse and my skills. I will use my experience here to apply to future clinicals and even when I begin my career.