



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                      eg. 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>

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><b>Step 1 Description</b></p> <p>I took my CPE Monday at 1115. It took place at the Covenant SIM center. I was first in the library preparing for the CPE then I was in room 3 with two instructors. I took care of the patient as if it was a real patient. I passed meds and made sure he was safe. I was the Nurse in this scenario. The instructors were acting as graders and spoke for my patient. The result was that my patient was safe, and I passed.</p>	<p><b>Step 4 Analysis</b></p> <p>I believe that simulation learning can prove to be an effective method in evaluating Nursing skills. There is already literature that proves that it can help in training new nurses, and I believe it should be used more.</p>
<p><b>Step 2 Feelings</b></p> <p>In the beginning I was feeling nervous. I was thinking I could forget something simple. The event made me feel competent and safe. The instructor's words made me feel like I did a good job. I felt accomplished with the outcome, and this is the most important feeling because it shows growth and trust in myself.</p>	<p><b>Step 5 Conclusion</b></p> <p>I could have made the situation better by having more confidence in my abilities and being less negative. I could have made better eye contact with my patient I was too focused and not fast enough. I have learned from this event that I have the knowledge to take care of a med surge patient.</p>
<p><b>Step 3 Evaluation</b></p> <p>The event ran very efficiently. Nothing was bad about the event. The actual CPE was easy. The difficult part is trusting yourself. I did a thorough job on the CPE. The instructors did a good job of putting the students at ease. I did not expect a different outcome, and nothing went wrong. I contributed by preparing myself for the CPE the night before.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, I think this situation has proved to be an effective measure of our nursing skills. In hindsight I would sleep longer the day before to feel more prepared. In the future I will go to bed earlier if possible. The CPE has taught me that universal competencies are very important even if the nurses we see do not use them. In the future I will practice the universal competencies when I am an RN.</p>