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IM4

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?

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Step 3 Evaluation	Step 6 Action Plan
• 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?	• 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	Step 4 Analysis
Today I participated in CPE where I got to assume the role of a nurse and care for a patient admitted for urosepsis. I was under the supervision of Mrs. Moreno and another module 8 instructor. I was given the task of administering medication and performing universal competencies while providing care to the patient. I was adequately able to provide care and administer medications without complications or risking patient safety.	CPE makes me thankful for all the skills and knowledge I have learned in the past modules. I was able to recall the skills and the knowledge previously learned and put the missing pieces to my patient's "puzzle" together. Allowing me to care for my patient in the best possible way. I remember back in module 2 and 3 thinking to myself, when will these pieces click for me, because at the time it just seemed like an overload of skills and information to learn. During this module I finally see myself connecting those dots which benefited me so much today because I was able to provide good teaching, good med admin and good safety practices all while understanding what exactly was going on with my patient.
Step 2 Feelings	**Step 5 Conclusion**
I was more nervous than I should have been. Even with all the information given to us to prepare I was still shaking in my chair. The most nerve wrecking parts for me were the patient chart and my first entrance into the room. I don't know why the patient chart freaks me out so much, but I will say after opening the chart and reading I calmed down quickly. Compared to previous CPE's this time I just felt like I understood things better which helped not only with the chart and the first introduction to the patient. I started to feel more confident as I began to do things because I realized for the past 2-3 modules, we have been practicing this religiously and I knew it better than I gave myself credit for.	Confidence is going to be key for me. This is a skill that needs work because I do know what I am doing, and I do know that I can care for a patient. I just often doubt myself and then I start rambling. So that is one thing I will continue to work on. I also realized that I want to work on being more consistent in clinical about doing my 4 Ps and fall bundle before leaving.
Step 3 Evaluation	**Step 6 Action Plan**
I have always found CPE very beneficial even though it stresses me out. CPE provides me reassurance that I am capable, and I do know what I am doing. It's nice to be able to do these skills with your instructors observing, because during actual clinical you may only get the one opportunity to receive feedback from them. It also just ties in everything we've learned and that helps me so much. I felt that today's CPE went well. I did make a small error and forgot to give the patient their call light before going to the med room. I was able to catch and correct myself with no intervention from the instructors, so I was able to pass on my 1st attempt. It was definitely a good teaching moment and I doubt I will make that error again, at least not for a very, very, very long time. I really think my nerves got the best of me there.	My plan now that CPE is over is to work on my weaknesses such as confidence and the fall bundle/4 p's. During next modules clinical/CPE I want to have developed a more consistent routine so that when I go into a patient's room and walk out, I know that my patient is as safe and as educated as I can make them.

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