



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. 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</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?

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 CPE today, I was given a brief description about my patient to break down over the weekend. I also was given all the medical history of this patient, along with the medications to learn and be able to apply during the simulation. I played the role of a nurse, taking care of a patient on my own. My result was being a safe nurse while also keeping my patient safe and avoiding med errors.</p>	<p>Step 4 Analysis</p> <p>I can apply all of my previous knowledge and experience from class and clinical to future situations in the hospital confidently. I can now apply as a nurse tech and start working in the hospital. The only issue. I saw with this CPE, was not actually getting into the sim lab to practice, but I think it was more beneficial to get us to act fast and make us more proficient nurses in the future.</p>
<p>Step 2 Feelings</p> <p>I was full of nerves at the beginning of the CPE. I was thinking that I needed to calm myself because I had all the knowledge and tools needed to successfully pass CPE. I feel very pleased with the final outcome of the simulation. It made me feel very confident in my knowledge of medications and the appropriate times to administer them. I think these feelings are very important, because I think you will make more med errors if you're not confident during medication administration.</p>	<p>Step 5 Conclusion</p> <p>I could have made the situation better by being more confident sooner in my abilities. I could have also not been as tedious with my glove changing and change gloves at the more important parts rather than for a call light. I have learned to be more time efficient in all parts of CPE, in prep, in the med room and with my patient.</p>
<p>Step 3 Evaluation</p> <p>There were multiple good things about CPE, I think the one that was the greatest was being a nurse and choosing which medications to administer according to a real scenario. One thing that was bad, but beneficial was the time limit, my hand hygiene and glove changing got in the way. This was beneficial because it made me realize that I need to have good time management because one day I will have to take care of multiple patients, not just one.</p>	<p>Step 6 Action Plan</p> <p>I think overall this was a perfect CPE to end the module with. I think it goes over the most important parts of the previous modules and it makes us apply pier skills in one</p>