

Covenant School of Nursing Reflective Practice



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. <u>Remember to 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"> • 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'
<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?

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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.

<p>Step 1 Description</p> <p>CPE. WHEW. Going into CPE, I was already filled with preconceptions, high emotions, a little bit of fear and a lot of nerves, and this was before it even began. I had heard many stories of IM 4 CPE and how everyone that went into it “didn’t feel like they were prepared for what was to come,” without much more explanation than that. I can concur, that I too was engulfed by a similar experience.</p>	<p>Step 4 Analysis</p> <p>In the question of “what broader issues arose from this event?” WELL THE ANSWER IS NERVES, SELF DOUBT AND SELF CONSCIOUSNESS, SNOOP. I returned home after my first failure feeling like there’s anything I’d rather be than myself. Okay but aside from the drama, I was pretty bummed. I completely went into the CPE thinking I had it in the bag and I GOOFED. Reflecting on the question if other people’s experiences were similar to mine, Yes, unfortunately half the class goofed in some way or another.</p>
<p>Step 2 Feelings</p> <p>Leading up to CPE, the morning of and even the night before, I felt completely confident and competent that all would be well, everything would be fine. I had everything I needed! I had written down, step-by-step every SINGLE move I needed to make! What could go wrong? BLACK OUT. CPE IS OVER. I FAILED. What?! How did that even happen? I WROTE EVERYTHING DOWN, THE ANSWERS WERE LITERALLY RIGHT IN FRONT OF ME!</p> <p>Nerves happened. Anxiety happened. Other people’s previous experience happened. It all got to me in the moments of having the answers right in front of me.</p>	<p>Step 5 Conclusion</p> <p>Maybe if we had all come together collectively and run through the scenario as a whole, we could have collaborated to help each other recognize our shortcomings. Working together collectively to help lift one another up. I think when we rely on us, and us only in a situation, the outcome is never as great as what could have been recognized as a collective. Helping lift one another up through our different view points and perspectives may help us see what we can individually improve on.</p>
<p>Step 3 Evaluation</p> <p>What was good about the event? Well, in the times of stress and anxiety, moments away from retaking my CPE after an epic failure; I remembered the wise words of Snoop Dog, “I get better every single day. I learn from my mistakes.” And that “Affirmations are positive statements that help bust a challenge and overcome..” Reminding myself that I am responsible, I get better every single day, and that I am surrounded by love. Every problem has an answer, I deserve to feel good, and that ANYTHING IS POSSIBLE.</p>	<p>Step 6 Action Plan</p> <p>In conclusion, I would like to lean on Snoops wise words, that I am responsible, and I get better every single day. There IS really no one better to beat than myself. My feelings DO matter, and that I do really learn from my mistakes. And now I do know some new affirmations that will help me have a positive day.</p> <p>*Affirmations, affirmations, affirmations*</p>

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