



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 (e.g. personnel / 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?

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 reflection. We were given a patient to care for who was recently admitted with and infection. We needed to evaluate vitals and use critical thinking and universal protocols to appropriate administer medication and maintain patient safety. I was assigned as the RN to care for this patient.</p>	<p>Step 4 Analysis</p> <p>My previous experience in module 2 CPE, as well as, clinical experience of interacting with patients helped prepare me for this CPE. Even though I was nervous I was still able to apply my universal skills and critically think to administer the appropriate medication and follow all my rights for this patient. Mrs. Moreno said I did a good job even though I forgot a medicine cup I just used my volcera to have another nurse bring me one so I would not have to leave the room.</p>
<p>Step 2 Feelings</p> <p>I was very nervous for the CPE because I knew if I missed any crucial steps or put the patient at any risk of injury by giving the wrong medication or not following proper policies. I would have to repeat the experience. I was nervous because it was really the first time, I felt like I didn't have anyone to double check what I was doing and that my actions were appropriate.</p>	<p>Step 5 Conclusion</p> <p>I felt like I could have done better by communicating with the patient and continuing to reorient them to where they were. No one wants to feel like they are in jail! In addition, I felt like my general interactions with the patient could have gone smoother. Also, I should have remembered to bring a medicine cup for the patient's medications that would have saved me time of waiting on someone to bring one and made me seem more prepared for the job I was performing at the time.</p>
<p>Step 3 Evaluation</p> <p>Overall the CPE went really well. I however, kept pausing because I felt like I was forgetting something and find it very hard to interact with the manikin in SIM lab. Honestly, I feel more comfortable talking with patients and families in clinical. I made sure to double and triple check that I followed safety protocols to protect my patient and my 7 right medication rights. Overall, the CPE was easier than what I had anticipated. Especially after the curves thrown at us during SIM the week prior.</p>	<p>Step 6 Action Plan</p> <p>Overall, the CPE was a good learning experience. In the nursing world we never know when we will be thrown a curve ball and I feel that putting us in these stressful situations helps us prepare for what real world nursing will be like. It definitely helped me think about my time management and making sure to check all my medication rights I know these CPE will be helpful in the future by allowing us to build confidence under pressure.</p>