



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 My CPE day was yesterday. I was tasked with being the nurse of an older patient, and I was supposed to be giving the patient their medications. There were two instructors in the room with the patient. I ended up doing everything I was supposed to do in the scenario except for scanning the PO medication. I was asked to come back at a later time and redo the scenario. I unfortunately still forgot to scan the PO medication which resulted in failure of CPE.</p>	<p>Step 4 Analysis This situation showed me the importance of slowing down and not letting my anxiety get the best of me.</p>
<p>Step 2 Feelings I was nervous at the beginning, but I thought I should be able to get through it no problem. When I forgot to scan the PO med the first time I was disappointed that I had missed something so simple, but I felt everything was going to be ok because I was able to go back and have a redo. The second time I forgot to scan the PO med I felt very devastated and angry at myself that I had forgotten to scan the PO med again.</p>	<p>Step 5 Conclusion I need to focus more on controlling my anxiety and telling myself to slow down.</p>
<p>Step 3 Evaluation I think other than that one mistake everything else went good. I was hoping to pass, but unfortunately that did not happen.</p>	<p>Step 6 Action Plan I think overall the situation was eye opening. It has taught me to just take a deep breath and take my time. I will have to learn to control my anxiety, and not let it get the better of me.</p>