

## 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><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice? about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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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><b>Step 1 Description</b> My patient was admitted into the hospital for urosepsis. I played the nurse in my CPE simulation. I gave medications, reviewed the doctor's orders, and looked for errors in safety precautions. My patient was in bed, all side rails down, call light not within reach, and he was confused x2. I reoriented him, gave him medications, and applied my skills to make his room safe. I did everything correct except putting two side rails up to keep him safe in bed. Overall, it was a learning experience.</p>	<p><b>Step 4 Analysis</b> From this situation I have learned to look at all the little details in the simulation. Make sure the side rails are up, they have socks, etc. Looking back on both my experiences (primary CPE and the repeat) one thing I question is almost failing the assignment off one check off. For example, for the safety portion of my grade I fulfilled every section except putting the bed rails up. Unfortunately, once I went into the patients' room to repeat the safety portion, I had a new instructor grading me. I understand doing this because it is a different set of eyes watching out for small details. However, I believe the same professor should have watched me for the repeat section because she saw my capabilities the first time around. She knew that I checked name and date of birth multiple times when walking into the patients room, and the second time around I did not because I believed I was only repeating the sections that needed to be corrected. In all, this experience was my fault since I didn't complete the CPE efficiently the first time, but I can also see a communication error when finishing my repeat portion of CPE.</p>
<p><b>Step 2 Feelings</b>  In the beginning, I was very confident in my abilities to complete the simulation with ease. I explained everything step by step and I was very clear. However, once I left the room, I knew I forgot to put his side rails up. Right when I walked back into the patients room, the instructor asked me what I missed, and I stated directly what needed to be corrected in the situation. I was very upset with myself because I am a perfectionist, but this experience showed me to always look at the small details to keep my patient safe.</p>	<p><b>Step 5 Conclusion</b> In conclusion, CPE is a learning experience and not meant to make the student feel incapable. When I left the repeat portion of my CPE, I was very unsure in my abilities as a student nurse. When I finished my first portion of the exam, Dr. Nesbitt told me first-hand how good I was at explaining the medications, setting up the IVPB, and walking into my patient's room without showing anxiety on my face. In the end I need to keep these positive points in the back of my head rather than dueling on the negatives ones.</p>
<p><b>Step 3 Evaluation</b> I was pleased with myself when I explained the medication, their adverse effects, and what the patient needs to look out for. This shows that I can be a good educator to my patients when things might be confusing to them. However, I did expect a different outcome because everything went smoothly other than the side rails. I understand this is a safety and precaution protocol, and now I know what I should never miss during a CPE.</p>	<p><b>Step 6 Action Plan</b> Overall, this was a very good learning experience. I learned that small details could put a patient in great harm and the nurse always needs to keep a close eye. However, to fully show my capabilities I believe Dr. Nesbitt should have watched me for the repeat section of my CPE. She knew that I checked the patient's armband multiple times and I even voiced out loud that I would ask this a lot during the 20 minutes, and in the end, the only thing that needed to be corrected and voiced to me was the safety portion of my exam, not the universal competencies. In all, this was a communication error on both parts, and I know the next time I do simulation I will show all my capabilities as a student nurse.</p> <p>I also want to thank all the instructors for having a meeting and deciding to give me the 75. I greatly appreciate all of you, and I learned a lot this module. I hope my opinions about CPE are clear and I mean them with respect.</p>