

Covenant School of Nursing Reflective



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' 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?

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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?

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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.

Step 1 Description

On Decemeber 5, 2023 at 0800 I went to the simulation center for my graded CPE. The two instructors that observed me perform my CPE, was Miss.Starch and Mrs.Howard. I acted as the nurse, and Miss.Starch voiced the patient. As the nurse, I performed the Universal Competenices, standard safety procedures, prepared, and administered the patient's medications through the orders given. A week prior to CPE, I was given information about the scenario of the patient including the diagnosis, vital signs, and medication list for this patient. Due at 0800, when I walked into CPE was the paper that was given a week ahead. All that I needed to have completed was the reason for the medication, and important patient teaching about the medications.

Step 4 Analysis

I can apply to this situation my previous knowledge of medications, and of the universal competencies. Knowing how these medications work for the body from prior knowledge was also helpful.

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<p>Step 2 Feelings I felt very nervous at the beginning of CPE. I worried about making many mistakes and what it would actually be like. At the time, I was thinking that I am capable of passing CPE because of my time in class and clinical. The event stressed me out, especially because I knew that it was graded and would effect my grade for the class.</p> <p>The words and actions of Miss.Starch and Mrs.Howard were kind. I did not pass the first time, however they let me know kindly and talked about how my patient teaching was great. Miss. Starch informed me that the piggy back was started correctly, however I attached the piggyback to the incorrect part of the IV. It was a good learning moment, and it made me realize that although CPE is for a grade, and I was scared, that this is all for learning purposes. I am glad that I was able to make a mistake there in CPE rather than in real life and on a patient. The most IMPORTANT feeling was a sense of relief that there was nothing to overwork myself up about, because no one was there to fail me on purpose and point out everything that went wrong. They were there to make me a better nurse, and say what I did right and what needed improvement.</p>	<p>Step 5 Conclusion</p> <p>I could have been less nervous, and I could have also thought of all the questions I could ask about an IV during bootcamp. After this CPE, though I feel like I can work the pump correctly and know what the pump is telling me as well. Mrs. Heinrich also did a lesson with me, on how to work the pump prior. I did not think to ask her though about what to do if an occlusion occurs, but it is okay because I learned from my mistakes in CPE.</p>
<p>Step 3 Evaluation I think what was good about the event, was that I was able to perform the Universal Competencies, hand hygiene, work the EMAR correctly, and patient safety. The "bad" part of the event was that I did not connect the piggyback to the correct part of the IV that was already set up, and I also put too many bedrails up. I expected that if I were to make a mistake it was going to be because of the IV.</p>	<p>Step 6 Action Plan Although I did not pass on the first try of CPE, I wil say that I am glad that I was able to walk away and know that there was more that I did right, than wrong. I know how to properly use the pump now, connect it, and listen to what the pump is telling me.</p> <p>From this CPE, I learned that I still need to grow my confidence in asking questions about things I am unsure about and having confidence in what I do know. I hope that with my time in the Covenant School of Nursing that I can become a profiecent new graduate nurse.</p>