



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. Remember to <u>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 (e.g. personnel / patients / colleagues)?</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>

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>                  I was playing the role of a nurse in CPE. My job was to give my patient medication, pay attention to their vital signs, and omit some medications based on their labs. We performed our test at the simulation lab with our instructors who watched us perform our scenario making sure we followed universal competencies, proper medication administration, and were professional and safe. The result of the scenario is you either passed by following all procedures or had to come back and repeat the scenario without any issues.</p>	<p><b>Step 4 Analysis</b>                  I can apply my own learning from the hospital when I was giving medication with my instructor as well as the nurse I was shadowing and the things I learned while doing it. I am not aware of any recent evidence regarding my CPE, however, I know it is well regarded to involve a patient in their healthcare by keeping them informed about their medication as well as what you are doing. They are more receptive when the formula I followed in CPE is applied in real life. A broad issue that arose from the situation, is my medication error of hanging my secondary fluid lower than my primary fluid. This could have been a real issue if it was a real patient, the antibiotics in my secondary fluid would have been delivered all at once. I can make sense of why I made my medication error, I wasn't aware of how much time I had left in the scenario and it made me nervous and I felt I didn't have time to figure out why my IV bags looked incorrect. My peers shared with me the errors they made after the CPE and how they made errors in the same nature as mine for the worry of the time constraint as well.</p>
<p><b>Step 2 Feelings</b>                  I felt nervous because I was afraid, I would think too hard about my scenario and mess up a bunch of things. I told myself to be calm and treat the mannequin like I would with my other patients at my job but to ensure I was clear and concise when giving my medication. My instructors made me feel comfortable by helping with holding my IV bag when priming my piggyback, and for prompting to me to breathe and be calm at the beginning of my scenario. They allowed me to start my scenario when I was comfortable to and that made me feel less under pressure and more confident in taking my time and making sure I did everything right. Even though I had to come back and repeat my scenario, my instructors both times gave me very helpful constructive criticism and allowed me to complete the second scenario with confidence and the knowledge I needed to pass the second time.</p>	<p><b>Step 5 Conclusion</b>                  I believe I could have made the situation better by taking the time to really think about why my IV bags looked incorrect and practicing my scenario more outside of class to get a flow going and remember the correct way to hang my medication. I think everyone else could have made their scenario better if they practiced more outside of school as well. I learned that the more you do something the more confident you will be and by practicing at home, you are less likely to make errors the way I did.</p>
<p><b>Step 3 Evaluation</b>                  I felt that this gave me the opportunity to really show what I learned in the hospital and during lecture about proper medication administration. I really enjoyed being able to be counseled on my mistakes I made during the CPE and my instructors all being receptive to any questions I had to really understand and do well the second time. The only bad thing about the CPE was my medication error where I hung the secondary lower. I felt like I was calm each time and I performed my scenario slow and steady. I feel like my instructors did well at encouraging me to stay calm and make the scenario casual but a good learning opportunity at the same time.</p>	<p><b>Step 6 Action Plan</b>                  I feel good about the scenario and I feel it helped me feel more confident in my abilities when administering medication. My instructors were there to evaluate every step of what I did, I met the requirements the second time which tells me I am doing everything correctly. I feel I can use what I learned in the scenario by remembering the correct way to hang IV medication. I can apply using the fact I should practice my skills more at home and remember that in the future as well about lecture material and CPE skills. I will use this experience in the future by remembering that everything I did was correct, and if I find myself in a situation I am not sure about in regard to my IV bags, I should call another nurse or my charge nurse to ask for help instead of leaving it that way.</p>