

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.” (Tingos 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?
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • 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? 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • 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.

<p>Step 1 Description</p> <p>CPE was very challenging due to the critical thinking that happened before hand.</p> <p>I was the student nurse for a patient. I was at the Simulation center w/ all of the instructors that were part of it. I was performing all of the universal competencies in the clinical setting. I played the student nurse role. My instructors were my other set of eyes to make sure I completed my patient safety. The result was good. I was able to administer the correct medication as well as providing safety for my patient.</p>	<p>Step 4 Analysis</p> <p>From my previous knowledge I was able to apply the 7 rights of medication administration as well as the Universal Competencies.</p> <p>This learning helped me administer the patient the correct teaching and administration of the medicine. I did not have any issues w/ my scenario since I had 20 min before hand to prep.</p> <p>A lot was going, one of the major things was time management!</p> <p>I wasn't able to see if other peoples experiences were the same or different since each one of us had different instructors.</p> <p>The impact was very eye opening because med errors are a real thing and if we do not follow the correct step issues can happen quick.</p>
<p>Step 2 Feelings</p> <p>At the beginning I was feeling confident but then I got super nervous. I was thinking that I should do good since we practiced 2 hrs the Friday prior to CPE. The event made me super nervous.</p> <p>The final outcome was good since I passed the 1st time and it made me feel good since my friends and I practiced before hand. After the scenario I was happy because I treated my patient w/ safety.</p>	<p>Step 5 Conclusion</p> <p>I feel like everything came out just the way I wanted too. My instructors made me nervous but it helped me since I couldn't make any mistakes.</p> <p>I learned to have good time management.</p>
<p>Step 3 Evaluation</p> <p>- Everything was good, the prep before, during and after the scenario</p> <p>- The only thing that was bad were my nerves.</p> <p>The easiest part was practicing before hand because it helped me pass my CPE.</p> <p>Everything went well. My instructors were helpful by guiding us throughout the process.</p> <p>My outcome was the way I wanted to be.</p> <p>I contributed by practicing before the CPE.</p>	<p>Step 6 Action Plan</p> <p>The situation made me gain more knowledge on how to critically think and having good time management.</p> <p>I will be using this in the future.</p> <p>This helped me by being more prepared each time and also learn more about my patient.</p>