



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                      eg. 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></p> <p>I was in my graded CPE. I was the nurse and just received report &amp; acknowledged the doctors orders. The scenario was just my patient and I. No family at bedside present.</p>	<p><b>Step 4 Analysis</b></p> <p>As I walked in my patients room I had report and last set of vitals. I knew what was going on with my patient. The only thing is you never know what is on the other side of patients door until you meet them. I had all the background knowledge, and meeting my patient made me understand my patient. I think interacting, asking my patients questions, and being on there side makes patient care run smoothly.</p>
<p><b>Step 2 Feelings</b></p> <p>Honestly, I did not feel as nervous as I thought I would be. I was more than prepared for CPE. I knew I had all my information present at hand and the only thing I had to do was critical think. While Critical thinking I also had a stress due to It being a graded CPE and having my instructors watch me.</p>	<p><b>Step 5 Conclusion</b></p> <p>In all I believe time manage is what I need to work on. I had just hung my last medication and watch the chamber drip then time was called. I hit all the critical elements except finishing my scenario. In all I knew all the steps to take right after med administration. I think next time I should practice with an actual timer simulation prep.</p>
<p><b>Step 3 Evaluation</b></p> <p>I think this event went well and there were no curve balls thrown because we literally practice this in clinical. The prof made us more than prepared. I feel like clinical and both simulations made me prepped for this. I understood what assessment to perform and how to manage what medications to give. In all I believe the event wasn't difficult if you use all your resources and knowledge.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think this situation was just right for all the knowledge and skills I knew how to do. I do believe I can apply this simulation to all of my nursing career. Instead of just following a nurse and pulling meds and administering like I have the past modules. I can finally critical think and know how to dig through the chart and assess every piece of my patient. This CPE gave me an actual confidence boost that I can actually make nursing decisions on my own.</p>