

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

In the morning around 10:15 I was at a children's hospital where I was scheduled to perform my CPE. The event overall gave me some anxiety however I was very excited to face this challenge and try to perform the best I could to show my skills with patient interaction and safety. In this safe environment my role was to be the patient's nurse and for the instructors to not only have the role of grading my performance, but to also be the patient's voice. Overall, the entire simulation went well when I was finally able to settle in and get over the nerves.

Step 4 Analysis

In this situation a little bit of everything we learned we had to apply to the situation. Things like recognizing vital signs and patient safety have been taught to us since module one. And when we went into that room patient safety seemed to be one of the biggest things that was being analyzed. Then some more recent things we had learned such as cues of Urosepsis and some things to look out for with certain medications came into play. Overall just looking past just the individual problem that was going on and being able to look at the big picture and handle the situation that way made it a lot easier.

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<p>Step 2 Feelings</p> <p>This simulation since it was a significant part of my grade did indeed linger in my mind since the beginning of the module. People from other modules and even some from my own class did make it seem like a little bit of an impossible task to get a 100 on this CPE. Although this did make me nervous it also helped me quite a bit, having this stigma in the back of my mind since the beginning of the module about how hard CPE was made me really focus on my safety and skills since day one of clinical's just so I could be prepared to take on this task.</p>	<p>Overall this event was great, I personally liked having the grading rubric to know what was expected from me. I could have been a little bit better with my communication and overall just not being so nervous, but there really isn't anything I would change.</p>
<p>Step 3 Evaluation</p> <p>Overall, I really enjoyed the event looking back. It was not easy, it definitely made me think because it felt like the first time I was genuinely in the driver's seat so to speak when it comes to being a nurse. It made me really think and treat the situation like I actually had a license/someone's life in my hand. Although there is always room for improvement I was proud of my performance and if I had to go back and do it again I would just try to calm my nerves and just worry about the task at hand and not so much about the grade.</p>	<p>Step 6 Action Plan</p> <p>What I really liked about CPE is it showed me what my weaknesses and strengths were. I feel like I was good with time management and my skills however I struggled with my communication and just overall being comfortable in a patient room.</p>