

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

Our graded CPE occurred on Monday February 19th, 2024 at the simulation lab with the instructors from instructional module 4.

I was given a scenario of a patient as well as a list of medication and a SBAR of my patient.

The role I contributed to was the nurse, while my instructor and another instructor from another module watched, timed, and graded my actions.

I was given 20 minutes to go through a real-life scenario with my patient and administer medication while making sure I followed safe practices and the universal competencies.

Step 4 Analysis

What I can apply to this situation from previous knowledge is looking at medications and me being the one in control of whether or not the patient receives them. But also taking action in that fact that patient's lab values and vitals have to be taken into consideration before taking the authority to administer these medications.

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<p>Step 2 Feelings</p> <p>At the beginning I felt fine, I was just thinking of the priority things that needed to be covered. After I talked about it with the classmates I was grouped with, I started to get a little nervous about how things were going to take place.</p> <p>The event made me feel nervous at first and then it made me feel confident about being in the real world as a nurse.</p> <p>The final outcome made me happy and relieved that I was able to safely and confidently follow universal competencies to make sure my patient got the best care I could provide.</p> <p>The most important feeling I had about this was I overall walked out feeling confident. This is the most important to me because it gave me reassurance that I can do what is needed to safely reach a patient's needs.</p>	<p>Step 5 Conclusion</p> <p>What could have made the situation better is maybe being able to see a clock timing you so you can plan out your steps a little more efficiently.</p>
<p>Step 3 Evaluation</p> <p>The good thing about the event was that I passed in my first try.</p> <p>There was nothing that was bad about this event.</p> <p>What was easy was the medications I administered.</p> <p>What was difficult was making sure I got everything done within the 20 minutes I was provided.</p> <p>Overall I think the whole CPE for me went well.</p> <p>I did not expect a different outcome as we were exposed to this in IM2.</p>	<p>Step 6 Action Plan</p> <p>Overall this situation did help me grow as a student nurse, and I know I am able to go into a patient's room confidently and administer and assess patient's safely. I can use lessons learned in this event in the</p>