

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>It was the afternoon on Monday February 19th, I was in the sim center, I walked into the room with Dr. Nesbitt and a module 6 instructor. I was playing the role of the nurse and after they gave me the tour of the room I walked back out to prepare to begin the scene.</p>	<p>Step 4 Analysis</p> <p>I feel I can use this experience in real life when we are at clinical and remember to always treat the patient and situation as though I'm being watched and graded by an instructor. The simulation will help me to always pay attention to the small things and never take my skills I learned in module 2 or 3, for granted.</p>
<p>Step 2 Feelings</p> <p>I was feeling very nervous and shaking, I thought I was going to forget something or mess up. I could feel my heart pounding and my hands sweating, but after it was all over I felt like I could finally breathe. I felt like a weight was lifted off of me and this was the most important feeling to me because I proved to myself that I was capable of doing the actions correctly</p>	<p>Step 5 Conclusion</p> <p>I feel I could have made the situation better by going into cpe more confidently and calm, as for everyone else in the room I don't think anything could've gone better, Dr. Nesbitt was great in the patient role and even before I started she helped ease my nerves by just having a conversation with me. I learned not to take my skills I've learned in prior modules for granted because no matter how far I've come those small things really matter and I always have room for Improvement.</p>
<p>Step 3 Evaluation</p> <p>The good that came out of cpe was the opportunity to not only show myself but also the instructor who was watching, that I could use everything I had learned from the beginning of nursing school until now, in a real scenario. The bad part I would say would be the nerves that come with cpe, not knowing what changes were made to the patient from the scene we had originally gotten. The difficult part for me was trying to calm myself down and not overthink the easy things. I feel I overall did well.</p>	<p>Step 6 Action Plan</p> <p>I think overall cpe is a great learning experience and it helps to go over skills and knowledge. I wouldn't do anything different other than to be more confident, cpe really taught me that I might actually know what I'm doing if I don't start to overthink. I'll use this experience to help my patients in clinical and keep them safe.</p>