



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.

Step 1 Description

A description of the incident, with relevant details. Remember to maintain patient confidentiality. 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

- 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?

Step 4 Analysis

- 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 (e.g. personnel / patients / colleagues)?

Step 2 Feelings

Don't move on to analyzing these yet, simply describe them.

- 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?

Step 5 Conclusion

- 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?

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?

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>Simulated cpe happened on Wednesday 2/22//24. I was at the children's hospital on the fifth floor in the sim lab. I was acting as the role of the registered nurse to my patient. I was being graded by one module 4 instructor and one module 8n instructor on my time efficiency and safety technique as well as drug administration and universal competencies. The result was I had to come back for a second try.</p>	<p>Step 4 Analysis</p> <p>I can apply NII assessments and competencies. I can apply what I have learned about medication and teaching. GU was relevant because my patient had urosepsis which can lead to shock or death. This situation was a serious condition and should be monitored frequently.</p>
<p>Step 2 Feelings</p> <p>I was so nervous at the beginning I was sweating so bad. The first try made me feel like why did I forget to give the call light something I always make sure to do. The feedback I got from Ms. Starch made me think of what I did wrong and how I could change it. I felt some ease knowing that I got a second chance. the outcome made me feel like I am going to become a great nurse. The most important felling I have is confidence in knowing that I will be a safe efficient nurse and I will bring quality care from what I am learning here at covenant. It is important to me because I want to bring quality care to my community and be an asset to my employer.</p>	<p>Step 5 Conclusion</p> <p>I could have made the situation better by practicing cpe in the simlab. I could have done better with my time allowed. I have learned that we must work in a timely manner.</p>
<p>Step 3 Evaluation</p> <p>The good part was I passed the second time and the instructors seemed proud of me. The bad part was I ran out of time. Another bad part was, I kept telling my patient to call me if certain things happened, but I forgot to give her the call light. There wasn't an easy part for me. The difficult part was trying to get everything done in twenty minutes when it felt like I only had two minutes. The piggyback went well I felt confident administering and hanging the piggyback. My teachings went well. I contributed by applying the feedback I got from the first try.</p>	<p>Step 6 Action Plan</p> <p>I think cpe is great because it gives the instructor and the student more knowledge as to wear the student is in their skills and safety precautions. It teaches the student what to work on. I will use what I learned because I will probably never forget to give the call light again and I will keep in my mind to be more organized to have better time management.</p>