



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 (e.g. 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>As a nurse in a clinical setting, critical decisions must be made on the fly. During CPE in the sim center, these crucial decision making skills were put to the test. The CPE is a simulation of a real life situation where student nurses are examined based on their abilities to execute proper communication and administration of medications. Subjective and objective information should be taken into consideration in order provide the best plan of care. During my CPE experience, I was faced with a patient that was admitted for urosepsis. Upon introduction, the patient was disoriented and in mild pain. This information was gathered very quickly upon entering the room for the first time. using this information, I was able to use the process of elimination for the medications to be administered. A routine antibiotic and an anticoagulant where scheduled. Using the most recent vitals gathered, the blood pressure of thr patient was below the recommended value to administer the scheduled, therefor the decision to hold the medication was made. The scheduled medications were administered using aseptic technique and proper documentation.</p>	<p><b>Step 4 Analysis</b></p> <p>The success that I took away from the situation was driven purely from the preparation that I have been exposed to throughout nursing school. The strongest conclusion I can draw from this situation is that if I was not prepared for the situation, then I would not be prepared to be a real nurse. However some of my classmates did not have the success story that I do, there is still time to learn and evolve into great nurses. Another take away from the situation is that there is still so much time left in nursing school, for the students to become better. Along with that, there is plenty of time for the students to get complacent and lazy, causing them to lose success over time.</p>
<p><b>Step 2 Feelings</b></p> <p>Going into the situation I was very nervous. The pressure of perfection would not leave my mind the minutes leading to the test. Perfection is expected because perfection could be the difference between life and death and patients in the real world. The pressure of perfection for a perfect grade was not what struck fear in me the most. The fear of my pride and ego lingered in my brain as I thought to myself "Am I ready to be a real nurse, do I have what it takes to survive in this career." Throughout the situation my nerves floated away, I had realized that I don't have time to stress when there is work to be done. I began to trust myself and the knowledge that I have retained and just "Rolled with the flow". I trusted the flow and the flow treated me well because I had completed all of the required task with just a few seconds to spare.</p>	<p><b>Step 5 Conclusion</b></p> <p>The overall situation serves its purpose for the students to think clearly under pressure. The one thing that I personally would have changed is time management. For the situation as a whole, I don't think there is much I would change. It is not my place to say what should be changed to make the situation easier or harder. It is my job to handle whatever situation I am thrown into and execute it to the best of my ability.</p>
<p><b>Step 3 Evaluation</b></p> <p>The overall experience was good for me. It was a good test for me mentally and emotionally to see how I handle stressful situations. I was pleasantly surprised with my ability to think on the fly and execute the required task. I never expect perfection out of myself, but it is good to know what I am capable of. Having a long history of a competitive athletic career, pressure is what separates the good from the great. I strive to become nothing shy of great, and this situation helped me evaluate myself under pressure to see how I perform.</p>	<p><b>Step 6 Action Plan</b></p> <p>This situation serves as a test of the knowledge that I have been given to this point in my career. However, the learning doesn't stop after tests, the beauty in the situation is that I get to learn something new every day that makes me better. Every day is a test and I have to learn something new every day to do my best on those tests. CPE is more than a test.</p>