



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. 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"> • 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 (e.g. personnel / patients / colleagues)?
<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?

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>I had my CPE exam with Mrs. Moreno and Mrs. Kensing. Whenever I got there they gave me a tour of the room and told me what they would expect from me and they had a very welcoming/soothing tone. After that the scenario began. I assessed pain for my patient and let them know what I would be doing (AIDET) and then went out into the hall and grabbed my meds so that I could go administer them. Everything seemed to go smoothly.</p>	<p>Step 4 Analysis</p> <p>Being able to put all the skills and knowledge that we have learned in each module into what we are doing has been good. It is nice to see all of these things fall into place and feeling more confident as it goes on.</p>
<p>Step 2 Feelings</p> <p>Honestly CPE is great and I totally understand why it is done, but it puts all of us under a lot of stress and causes unneeded anxiety.</p> <p>I was very nervous coming in but having the instructors talk to you before going in helped a lot, they tried to calm my nerves because we do know what is expected and what to do. It is just very nerve racking having to do it in that situation. Once I was done I felt good because I knew I got it in the bag but was still a little weary something was going to be wrong, but I passes!</p>	<p>Step 5 Conclusion</p> <p>I think for myself I shouldn't worry to the point of being sick. There is nothing that we will be doing that we haven't learned to do already. I think I just need to trust in myself a little bit more and trust that I can do it.</p>
<p>Step 3 Evaluation</p> <p>Overall, this CPE experience was good. We got to first look at the chart and decide there what we needed to do for the patient before going in and that was helpful. Putting everything we have been taught since Module 1 into play to see everything just fall into place was great.</p> <p>I think that CPE (Graded or Ungraded) would be much less stressful and nerve racking if we did it in the actual hospital with a real patient. We did our ungraded CPE in Module 3 in the hospital and regardless of it being graded it was less stressful and it went really well.</p>	<p>Step 6 Action Plan</p> <p>Each module is getting easier to do all of the things we are asked to do and I also become more confident.</p>