

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>At my CPE I was the primary Nurse that had a patient to give meds to while two instructors graded my performance.</p>	<p>Step 4 Analysis</p> <p>The issue that I had was not doing what we have been taught to do the whole time in nursing school. I understand it was a quick thing that was making sure we as nurses know what we are doing but I second guessed a lot because of what we have been taught.</p>
<p>Step 2 Feelings</p> <p>This experience was so nerve recking. I have given plenty of medications to real patients during clinical and I am never half as nervous as I was in the SIM lab. I know it is just my mind and knowing I am being graded that makes me feel this way.</p>	<p>Step 5 Conclusion</p> <p>I think going over physicians orders would help make the situation better. Also letting us know that all the med teaching are not necessary.</p>
<p>Step 3 Evaluation</p> <p>Going in to the situation, I did not feel prepared even though I practiced in the sim lab before the CPE. The difference was the orders that were given, when I am at clinical I don't look at the orders the physicians place. I usually look at the meds that are needed and the labs to see some of the meds need to be given. All through these four modules we have been taught to do an assessment even if it's just for the med that is being given. I listened to the lungs and explained the pt teachings for the meds. I ended up running out of time during my CPE and was coached about giving too may med teaching and no need for any assessments. The instructor helped me read the orders that were given and helped calm my nerves. When I did return for my second attempt I finished with almost half the time to spare.</p>	<p>Step 6 Adion Plan</p> <p>I am grateful for the instructors in this program because they always make sure pick you up during rough situations. My instructor during my CPE reassured me how good I did and that I could accomplish it on my next try. She seen how hard of a time I was having and made sure to pick me up. My instructors for my second time were amazing as well. I am so proud of the nursing school I attend.</p>