



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                      eg. 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>For my CPE it took place at the simulation center. I played the role as the nurse; my instructor played the voice for my patient. I did bedside care and administered medication in a timely manner. However, I did forget one step and that was when I left the patient's room to go pull meds, I forgot to give my patient his call light which resulted in an unmet. I was able to return back and re-educate the patient safety part as to which I performed correctly and resulted in a met.</p>	<p><b>Step 4 Analysis</b></p> <p>I know now for next time to always give my call light first and even if I have to double check a few times then I will do it. Patient safety is a big priority and in a real life situation if my patient was to be confused and tried to get out of bed or tried reaching for the call light while I was pulling meds then that would have been on me for not doing my job correctly. Other than that the rest of my performance in my CPE was great and I made sure I thought as I did everything.</p>
<p><b>Step 2 Feelings</b></p> <p>At the beginning I was a little nervous because I was expecting a lot to be thrown my way. All I could think as do the best that I can and make sure my patient stays safe. During my performance my nerves did calm down and my confidence was coming back. I did notice once I reached the end that I had forgotten the call light the first time, but I knew there was not point in return so I finished up as I should have. I did get emotional because I knew better and that's something I usually never forget working as an aid and I knew it would reflect my grade. But I just cried it out and went about my business.</p>	<p><b>Step 5 Conclusion</b></p> <p>I have learned to always look at my surroundings, because if I would have instead of trying to rush out to beat time then I would have noticed that the call light was hanging and not in the patients bed or hand. Next time I will make sure to carefully monitor my surroundings and double check every step possible.</p>
<p><b>Step 3 Evaluation</b></p> <p>The scenario over all was good. It was an easy scenario which is something we rarely expect. Overall, I think everything went well. I did expect to get a met the first time, but I was nervous and I forgot a part of my fall bundle, which the call light is very important for any patient to have with them at all times.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, the CPE scenario was great. It wasn't too hard as most of us thought it would be. I will use this situation for my future CPEs so that I can perform better and not be so nervous to where I skip over important things like the call light. I will apply this learning in every clinical and while I am working on the unit as an aide. Other than that, my professional practice is good and I have been well taught on how to teach and care for my patients.</p>