



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 was assigned to go to the sim lab in the afternoon for our final CPE. I was told where to go and what to do by the instructors. Once I finally made it to the actual CPE there were two instructors, one from this module and one from another. The instructors were there to grade the CPE and I was there to take the test. I took the test and finished within the time limit and passed.</p>	<p>Step 4 Analysis</p> <p>I love doing CPE and learning and relearning the proper way to do things when you are in the perfect environment. I learned that it is important to make sure you read the orders and only give medications when it fits the order. The only way to do that is to know the patient's labs, vitals and history. You might also have to dig more to make sure it is ok to give certain medication, and you are doing more good than harm.</p>
<p>Step 2 Feelings</p> <p>I am always nervous at the beginning because it is the fear of the unknown. I looked over the patients chart several times looking for curved balls and making sure I didn't miss anything. I wasn't sure what to ask when they walk you through the room and the "med room". Once I realized that there were no hidden curve balls, and I just needed to make sure that I followed the orders. I became more relaxed and confident about completing the scenario.</p>	<p>Step 5 Conclusion</p> <p>I could of not over though the scenario and been confident in my skills and knowledge. Others that took the CPE I feel over though the scenario and were looking for curve balls and missed basic things. I learned not to over think the assignment and be confident it my skills and knowledge. After taking CPEs every module I am slowly getting more confident and feel like I am growing. Also, I feel like no one ever went over dating the iv lines. It makes sense but it was never taught or brought up even on the floor during clinical.</p>
<p>Step 3 Evaluation</p> <p>I really like the this CPE , and felt like it was the perfect balance for how hard it was corresponding to the module we are in. I felt like it really helped going over it prior to giving us what is expected in the grade paper. Twenty minutes wasn't a lot of time but that's all you needed if you didn't over think the scenario. I feel like everyone is looking for curve balls and are not trusting that anything is straight forward in nursing school. I feel like our critical thinking skills continue to increase along with our creeping skills.</p>	<p>Step 6 Action Plan</p> <p>As I mentioned earlier, I really like CPE and feel like that they are an important part of nursing school. I feel like this CPE really helps me get more comfortable in giving medications and what I need to look for. Not only the CPE itself but the preparation we did with our instructors on the floor. It is a little nerve-racking giving medication with your instructor on the floor, but it feels almost like a mini CPE. Going over each medication and understanding why you are giving certain medication and what and where to look to hold certain medications. I also found the mini boot camp at the beginning of the module very helpful in going over hanging piggyback medications on the pumps.</p>