

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.” (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. <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> <p>How were you feeling at the beginning?</p> <p>What were you thinking at the time?</p> <p>How did the event make you feel?</p> <p>What did the words or actions of others make you think?</p> <p>How did this make you feel?</p> <p>How did you feel about the final outcome?</p> <p>What is the most important emotion or feeling you have about the incident?</p> <p>Why is this the most important feeling?</p>	<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?

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Step 3 Evaluation

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?

Step 6 Action Plan

- 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.

Step 1 Description

I was at the hospital to do CPE on Monday, December 2nd. My role was the nurse. There were 2 instructors in the room evaluating me. The mannequin played the role of the patient. With all of the roles being played, it made the scenario feel more real as if I was in the hospital with a real patient.

Step 4 Analysis

The patient was diagnosed with urosepsis. We had just learned about this in class, so it was very helpful to know what was going on. I am starting to put my knowledge and apply it to real scenarios when I see it in the hospital setting and CPE. Urosepsis is very serious and can be critical to the patient's life. It was important for me as the nurse to know what to do to help the patient in his care.

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<p>Step 2 Feelings</p> <p>At the beginning of CPE and during prep, I felt very nervous. I was worried I was going to forget to do something and mess up. Once I got into the room I felt more confident in myself. Having the patient respond to me helped as it was like I was in the hospital setting. At the end of my scenario, I felt confident that I had done everything I needed to do.</p>	<p>Step 5 Conclusion</p> <p>I think the situation would have been better if I was fully confident in myself. I always tend to second guess myself and it is better for myself and patients if I am confident in my knowledge and actions. My critical thinking could have also gone better in which medication I gave first to my patient.</p>
<p>Step 3 Evaluation</p> <p>I believe I did better at being more confident in myself compared to past CPEs. I was still nervous, and I could always be more confident, but it was definitely an improvement. Something I could do better on is my critical thinking. With this I need to think about the highest priority to help my patient and determine which medication is best to give first.</p>	<p>Step 6 Action Plan</p> <p>Overall, I am glad with how the situation ended up. I also got a few teaching moments from the instructors which will help me now and in my career in the future. This has taught me that I don't have to be perfect and I for sure won't be as a nurse. I have always been a perfectionist but I know I am still learning and it is good to make mistakes now, so I will not make the same mistakes in the future.</p>