



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 eg. 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 On Monday, December 2nd, I took my CPE at the SIM lab at Covenant Children's Hospital. I was being evaluated on my medication administration, critical thinking skills, safety, and education. I was given a scenario that contained information regarding the following: Doctor's orders, MAR, lab results, physical assessment findings, and general patient information. I was placed in a room with an IM4 instructor, an IM5 instructor, and a mannequin, who was my patient. As a result of my competency, critical thinking,</p>	<p>Step 4 Analysis Previous medication administration experience from the hospital/SIM lab, NIIs, and theory materials can be applied to the CPE. Even though the patient's SBAR is given a week in advance, the whole class had different folders/rooms on the day of CPE. This situation reflects nursing accurately because information and values vary throughout the shift. CPE ensures that I am safely practicing nursing through a competency evaluation.</p>
<p>Step 2 Feelings Preparing for the CPE, I was nervous because I was afraid of repeating the scenario a second time. Determined to pass on the first try, I went over my NIIs, and the patient's medication/diagnosis, watched YouTube videos on medication administration, and did mock CPE trials. On the morning of the CPE, I was nervous and scared that I would miss something. As a result, I caught myself repeating some questions and stuttering. Fortunately, I passed and felt relieved.</p>	<p>Step 5 Conclusion As a result, I learned several things from the CPE. I learned the importance of reviewing the patient's chart and determining the appropriate medication to give or hold. In addition, ensuring safety via the fall bundle and education can minimize injury to the patient and nurse. In the future, I can learn how to set aside my nerves in stressful situations. By remaining calm, I can think more effectively and thoroughly.</p>
<p>Step 3 Evaluation Following my CPE, I evaluated and reflected upon my actions. Although I passed my CPE, I do have room for improvement. First, I must learn to calm down and maintain my emotions. Being in a room where I am watched can be daunting, but I need to learn how to set aside those nerves and put my patient first. As a result, repeating questions and stuttering can be minimized. On the contrary, I believed I did a good job making sure my patient was safe and educated about the medication being given.</p>	<p>Step 6 Action Plan Based on the overall situation, I am glad that I passed, but there is always room for improvement and learning. I can apply my CPE experience and learning to the real world. From delivering medication, maintaining asepsis, ensuring safety, good body mechanics, and proper patient teaching, I can ensure that my patient is receiving quality health care.</p>