



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</p> <p>Monday, December 2, was the module 4 CPE at the Covenant Simulation Center. I played the role as the nurse while Mrs. Webster and Mrs. Leavell played the roles as the patient and observers. I was observed for patient safety and medication administration, and I passed.</p>	<p>Step 4 Analysis</p> <p>I can apply my previous studies about medications to this scenario by teaching the patient about each medication's use, reason, and side effects. It is not very common in the hospital that you see a nurse teaching their patient about medications. This can result in multiple medication errors or complications to the patient taking the medication. I am determined to practice this skill every time I am administering medications.</p>
<p>Step 2 Feelings</p> <p>Before the CPE, I was very nervous, and I was constantly going through the scenario in my head. During the scenario, I was still very nervous but I eventually found my groove. Both of the instructors were very reassuring after the scenario that I did well. I am a very hard critic on myself, so hearing their kind words helped me a lot. I think the most important feeling after the CPE for me was confidence. I struggle with being self confident, so it was nice to know that I am able to perform the skills I have learned and practiced.</p>	<p>Step 5 Conclusion</p> <p>I think I definitely could have made the situation better by not being so nervous. My nervousness caused me to forget a step that I practiced when preparing for the CPE. I have learned that I need to be more confident in myself and my abilities.</p>
<p>Step 3 Evaluation</p> <p>Both of the instructors stated that I had a very good flow and communication with the patient. I feel as if I taught my medications well and ensured proper patient safety. I did forget to check compatibility before giving the IV piggyback, so next time I will be sure to check. I feel as if it is fairly difficult to perform tasks with 4 eyes watching you. Performing this scenario under moderate pressure has also made me more confident in my abilities.</p>	<p>Step 6 Action Plan</p> <p>The overall situation did stress me out in all honesty, but I believe that I will be a better nurse because of it. Performing skills under pressure is the best way to practice I believe. If I could go back, I would be sure to check compatibility before administering the antibiotic. I will use this experience to reassure myself that I can perform these skills and become more confident.</p>