



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.

**Step 1 Description**

A description of the incident, with relevant details. Remember to maintain patient confidentiality. 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

- 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?

**Step 4 Analysis**

- 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)?

**Step 2 Feelings**

Don't move on to analyzing these yet, simply describe them.

- 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?

**Step 5 Conclusion**

- 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?

**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?

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>During CPE, I was the nurse for my patient, and I was there to make sure the patient was safe by placing the call light in reach, putting the two side rails up on the bed, and ensuring that he had is non-skid socks on. I also administered the proper medication ordered for my patient, which was levofloxacin and acetaminophen.</p>	<p><b>Step 4 Analysis</b></p> <p>During CPE I was supposed to recognize what medications ordered could have been potentially harmful to my patient and know that I was supposed to hold that medication. For example, one of the medications ordered was lisinopril, but the patient's blood pressure was too for the medication to be given, so I held it and did not administer that drug to my patient. I learned that this scenario was to make sure that I am able to practice my skills safely and I will be using this knowledge during clinicals and when I am a nurse because it is very important that the patient will not be in any harm.</p>
<p><b>Step 2 Feelings</b></p> <p>In the beginning I was nervous, but when I got a brief orientation of the room, I felt less anxious. During the CPE, I was feeling more confident because I was doing the skills that I have practiced well. The preparation time before CPE was also helpful for me to think through and be organized with my action so I would be prepared for the scenario. I felt like that was very helpful in making me more relaxed during CPE.</p>	<p><b>Step 5 Conclusion</b></p> <p>My experience with this situation was positive, but what I could have done better was time management and be a little quicker preparing my medications in the med room. I also should have labeled my IVPB tubing.</p>
<p><b>Step 3 Evaluation</b></p> <p>I believe the CPE went well because I made sure to relax and be smooth with all of the skills I was doing. The 15 minute preparation time helped me to organize my thoughts and think through the actions I was about to do, so that helped me to do well during the CPE.</p>	<p><b>Step 6 Action Plan</b></p> <p>The overall situation went very well and I will be using what I have learned from CPE in my own practice because it is very important to administer medications safely. I also know that it is important to make sure that the patients' needs are met and that they are being treated with respect.</p>