



*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><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice? about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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>On Monday, December 2nd, I arrived at the simulation center for my graded CPE. I was to play the role of the nurse while my instructor voiced the role of the patient. I had to properly choose and give medications to the patient based on criteria given to me.</p>	<p><b>Step 4 Analysis</b></p> <p>I was able to apply everything I have learned from previous modules to this situation. The universal competencies from the NII applied to the situation. I was able to really place myself in the nurses' POV and use critical thinking skills to complete the scenario.</p>
<p><b>Step 2 Feelings</b></p> <p>I was very nervous the whole time. My thoughts were primarily focused on using my skills to choose the right medication and administer it correctly. The event in itself is intimidating, but I knew I was capable of passing. My instructor gave me a "pep-talk" before I started, and it made me feel a lot better. I felt decent about the final outcome because I knew the mistakes I made, but also my strong points. Although I was nervous, I never doubted the skills I was taught. That is important because it shows the confidence I have gained this module.</p>	<p><b>Step 5 Conclusion</b></p> <p>I wish I had written myself more notes during prep time. I also wish I would not let my anxiousness get in the way so much. I learned that I am fully capable, but need to trust myself and have more confidence.</p>
<p><b>Step 3 Evaluation</b></p> <p>CPE is good because it allows us to show our critical thinking &amp; skill set independently. I don't feel as though anything was "too easy or difficult." The pressure behind the whole situation makes it more intimidating than it actually is. I performed my universal competencies and medication administration well. I forgot small things due to being nervous. I immediately knew when I made mistakes. I was happy with my outcome overall, because I knew I was prepared for it.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, the CPE was very helpful. Next time I will utilize more of my prep time and perform with confidence. I will use the lessons learned to better myself throughout nursing school and my future career. This has taught me that although I am nervous, I need to trust myself more. This CPE will allow me to be a safe nurse in the future.</p>