



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>                  My CPE took place at the SIM lab on Monday, December 2, 2024 at 0805. I was the nurse and Ms. Starch, from module 4 and Mrs. Tidwell, from Module 5, were the instructors. Mrs. Starch was the voice of my patient. Mrs. Kidwell was another set of eyes to observe.</p>	<p><b>Step 4 Analysis</b>                  Going over the medications until they were set in my memory helped ease my anxieties. I do believe that "Proper Preparation Prevents Poor Performance," and I tried to prepare as best as I could with the information given. I think that this scenario wanted to see if I could think on my feet and work quickly and safely for my patient.</p>
<p><b>Step 2 Feelings</b>                  At the beginning, I was uncertain if I was going to vomit or have some other bodily function occur spontaneously. I had a nervous bladder; I urinated seven times and it was only 0800! I was anxious and apprehensive, to say the least. I just kept thinking 20 minutes, 20 minutes, 20 minutes. When I got to the room with Ms. Starch and she told me to take a deep breath, that helped. She went over the layout of items and then told me my time would begin when I knocked on the door. I took a deep breath, said a quick prayer and knocked on the door.</p> <p>I remembered the words of Ms. McAdams from module 1, "When you walk into your patient's room, you are in charge and responsible." I was still nervous but kept doing what I needed to do for my patient. Then I told them I was through and waited outside. I felt relieved like after a race, and you gave it your best and left it all out on the field. I was overjoyed with the outcome. I passed my CPE! Then I really wanted to cry. I felt relived and full of gratitude.</p>	<p><b>Step 5 Conclusion</b>                  I think utilizing the deep breathing before arriving might have helped my stress level. I think the instructors helped by being a calming presence before I started. I would get to bed a bit earlier to help ease my anxiety. I learned that I can do this under 20 minutes.</p>
<p><b>Step 3 Evaluation</b>                  Ms. Starch telling me to take a deep breath and that I could do this set me up for success. Nothing was bad, aside from my nervous bladder. Having notes to refer to made things easier. I did not encounter anything that was difficult once I started talking to my patient. I think everything went well. I was praying for this outcome. I contributed to the positive outcome by preparing my medications and practicing at home.</p>	<p><b>Step 6 Action Plan</b>                  I know that this is an important piece to nursing efficiently. I am grateful for this opportunity and learn more each module. I would go to bed earlier to reduce anxiety. I can certainly apply the lessons learned from this event in the future. I will continue to study and apply myself with everything I am learning. This has helped me to have more confidence in in myself and my skills.</p>