

Katelyn Bowman



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. <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"> • 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 <i>eg. personnel / patients / colleagues?</i>
<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?

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<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?
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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 Earlier today I had my CPE at the sim lab. My pt had urosepsis and I was the nurse on the case. My pt had several meds due at that time and it was up to my assessments and nursing judgment on what and what not to give.</p>	<p>Step 4 Analysis I think this entire CPE was able to tie in everything we have learned from module 1 until now. Making sure pt safety, all universal competencies and medication safety were applied correctly and in the same scenario showed the growth in education over the modules.</p>
<p>Step 2 Feelings In the beginning I felt a little timid and nervous. Overall CPE makes my anxiety raise a little, but overall I was able to remain calm and complete the task at hand.</p>	<p>Step 5 Conclusion In the future I would like to work on being less timid and working on my confidence. I think it will come with time and more experience. I hope to keep growing on my skills and growing as a nurse all together.</p>
<p>Step 3 Evaluation What was good about the event was I knew without question what meds to give, which to hold and the correct way to give each med. I did forget to check compatibility for the IVPB, but was able to correct myself before giving the medication. I was also pleased with how I was able to multitask and stay within the allowed 20 min time.</p>	<p>Step 6 Action Plan I can apply everything learned and demonstrated in the future. Not only in future CPEs, but real-life experiences too. I hope to always be a nurse that puts pt safety first and never lose sight of that.</p>

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