



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>Step 1 Description</p> <p>For the CPE, I had 20 minutes to prep and look at my patient's chart with their labs, Dr. order's, and recent vital signs. I had to use my clinical judgment to decide what medications I would administer to the patient in my scenario. My patient was an 84 yr. old male dx. with urosepsis and had a history of hypertension. I had twenty minutes to initially check on my patient, draw and administer medications, and ensure patient safety. I was the nurse in the scenario with a manikin as the patient and two Instructors to observe and grade the criteria.</p>	<p>Step 4 Analysis</p> <p>During this module's clinical rotation, I got to administer several IVPB medications to patients on the floor with the nurse. I felt this experience and practice in the clinical setting made me more confident in administering IVPB and for CPE. I understood the importance of looking at electrolyte balance, CBCs, and vital signs to make a clear decision when assessing which meds were appropriate for my CPE patient. In my SIM rotation, my patient's k+ was imbalanced which helped me understand and connect the importance of electrolytes and how they affect medication administration.</p>
<p>Step 2 Feelings</p> <p>At the beginning of CPE, I did not exactly know what to expect. I was surprised that I was given the patient's chart and all the medications were listed to give. Knowing I only had 20 minutes, I felt like I did not have enough time to administer them all. Then after I reviewed the chart, I realized some of the medications were contraindicated for the patient in my scenario. I felt confident that I knew about the medications and was glad I had time to research them over the weekend. After understanding what was being asked, I appreciated the element where we needed to use critical judgment to make the decision of which medications to give because that is a more realistic aspect in the real-life role as a nurse.</p>	<p>Step 5 Conclusion</p> <p>I feel like I could have been more efficient with my time if I had multitasked better and talked to the patient as I was assessing the IV bag or IV site. I also think I would have liked to have known that the medications that I worked up prior to CPE were all ordered for the patient, and I needed determine what medication to administer on CPE day.</p>
<p>Step 3 Evaluation</p> <p>I felt competent in administering the medications and knowing the reason for the medication and proper way to administer the medication. I completed all the safety checks and had good flow and patient education. I forgot that I needed to hang my IVPB before setting up the IV pump, but I quickly realized that I was going to need to reset it. I felt like a lot of my time was unwisely spent looking at the 'ipad' for documentation because this module we have not used the ipad other than for the SIM rotation and I was trying to remember and refresh how to use it during the CPE.</p>	<p>Step 6 Action Plan</p> <p>I feel like this CPE prioritized and focused on the importance of medication administration and patient safety. I think that this was a great a practical focus and not just a repeat of module 2's CPE. I think that on the clinical floor, nurses are responsible for medication administration and patient safety, and I feel that this CPE allowed me to further my understanding and practice these two priorities in a safe setting.</p>