



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 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>I had CPE at Covenant children's hospital. I played the nurse giving medication to my patient, who had high blood pressure and an ongoing infection. It went very well, and I had no issues.</p>	<p>Step 4 Analysis</p> <p>CPE helps me realize what it will be like in the real world when I start nursing. I like that we do this because it makes me critical think more and teaches me of what it will be like on the job.</p>
<p>Step 2 Feelings</p> <p>I felt very nervous at the beginning, I get worked up performing in front of my instructors. After it was over I felt a lot better, and proud that I passed on the first try.</p>	<p>Step 5 Conclusion</p> <p>It would have gone better if I wasn't so nervous. I felt that everything went well though and I didn't miss any steps.</p>
<p>Step 3 Evaluation</p> <p>The difficult thing about cpe is wondering if you are doing the right thing and trying not to forget all the steps. I expected it to be harder on deciding what meds to give but I did everything I was taught and was able to pick the correct medication for the patient.</p>	<p>Step 6 Action Plan</p> <p>I wouldn't do anything differently next time. I did all the 4ps, fall bundles and 7 rights for my meds, so I have no complaints. I prepared myself for cpe very well. This experience will help me very much when I start in the hospital.</p>