

Covenant School of Nursing Reflective Practice



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 eg. personal / patients / colleagues'
<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?
<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</p> <p>I had my CPE on February 24, 2025. We did it at the SIM lab and I had to pretend that I was the nurse. I had to come back in the afternoon because I attached the piggyback on the wrong port.</p>	<p>Step 4 Analysis</p> <p>It's important to review all the skills that you need so that you can start the scenario with confidence. I think the CPE is a way to see how ready you are as a nurse, to check if you can manage your time wisely, and do all the tasks you need while keeping yourself and the patient safe.</p>
<p>Step 2 Feelings</p> <p>I felt nervous and a bit scared at the beginning because I thought there was gonna be a trick somewhere despite the instructors repeatedly telling us that there wasn't. This made me overthink about every thing that I was being graded on. I did feel a bit better when I came back in the afternoon because I then realized that I do know these stuff and that I've been doing it all the time during clinical.</p>	<p>Step 5 Conclusion</p> <p>Something I could have done differently would have been to slow down and really look at everything to prevent any errors from happening. I learned that it's important to always double check and see if you did the right thing or if you attached the piggyback on the right port.</p>
<p>Step 3 Evaluation</p> <p>Something I think I did well during CPE was the patient safety. I was able to do all the stuff I needed for patient safety without having to look at the notes that I had during that time. A difficult part of CPE for me would be trying to pretend that there are no instructors in the room watching me. It always made me nervous that an instructor is watching what I'm doing.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think this was a good experience and a way for me to see how I can improve myself more to become a better nurse. Something I would do differently next time is to not focus on the time limit. This would help me focus on the tasks and reduce errors.</p>

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