



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. Remember to <u>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 (e.g. personnel / 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?

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> <ul style="list-style-type: none"> I performed my CPE that involved and emphasized on clinical critical elements. This occurred February 24,2025. I was located in Covenant Children's hospital. My IM4 instructors were involved, I was assigned with Ms.Starch. I was preparing beforehand to complete my CPE. The role I played was a nurse. Others involved played as the patient, to help me practice and navigate the scenario. The result was that I failed my CPE , due to missing one important piece of the critical elements, moving the call light closer to the patient for them to have access to help. 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> This was a reminder to always ensure safety, and this experience will be memorable going forward. Constant practice of clinical skills outside of a clinical setting will help a nurse prepare for a clinical situation. It was important to have background knowledge in normal range of vital signs, and the contraindication of medications. In this case, many medications were not appropriate due to the patient's labd and vital signs being unstable. This emphasizes on the critical thinking aspect a nurse comes across. Education will continue even after this program, CPE continues to remind me of this, The patient had unstable BP/platelet count, certain medication were not appropriate. CPE is a moment to critically think. Yes, other's experiences were similar, many were successful. This profession thrives through collaboration, working as a team is important to deliver quality care.
<p>Step 2 Feelings</p> <ul style="list-style-type: none"> I was nervous, as usual, however I felt prepared to meet my CPE. At the time I was more nervous than anything. The event made me feel nervous, and as an opportunity to practice my skills. The words of others made me feel assured and motivated, but then again nervous of the what ifs. CPE always makes me feel nervous, especially because of the time constraints around it. I was disappointed and annoyed of my self, since I missed one very simple element to be able to meet CPE on the first. I was mostly stressed, and tried to assure myself that I had prepared the best I could for the day of CPE. The most important feeling is to feel prepared and confident, however I was clouded by stress. 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> I could've not let myself stress as much, and reviewed the resources I prepared at hand to avoid missing a critical piece. I believe all was provided, I can't think of anything that other's could've done to make it better. I was also encouraged to relax and emotionally, Again, I should've relaxed more, and used more resources whiel in CPE room more. I believe I will not forget reaching for the call light and placing it near the patient ever again, this practice will remind me of that from now on.
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> CPE is a good opportunity to practice out skills by receiving constructive criticism right then and there. I believe that the concept of CPE is not bad, but it does stress me. It was easy that all the resources and expectation were explained beforehand, this helps prepare. The most difficult part of this, is that there's a time limit, our patient is not human, and the pressure of having eyes on me. I believed I navigated the scenario well, had a good flow. I met all of the other critical elements and did my best in pretending the model was human and was professional throughout. I appreciated the constructive criticism from my instructors. I always welcome it. I did expect to mee at the first try since I had practiced at home and prepared beforehand. I was too stressed on completing on time that I did not give myself the chance to review my notes before leaving the room to ensure I did complete all of the safety measures. I contributed by reviewing the NII and received the constructive criticism well. 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> I appreciate CPE , it's a learning opportunity as a SN. I can conclude that these are opportunities to practice the skills I have been taught until now, and will continue to be receptive towards the constructive criticism. I will take a moment to remind myself that I have prepared myself for CPE, and use the resources, I can use this CPE as a reminder to ensure all my safety measures I can apply this to future clinical rotations. It has taught me to be less stressed and more confident of myself. Again, this moment is a reminder that I have done the best to prepare, and use the resources I created to help me navigate CPE.