



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. personal / 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?
<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> <p>I had CPE at Covenant's Women's and Children's Hospital. It happened on Monday, May 5, 2025. I had to play the role of a patient's nurse who administered the correct medications to the patient, using proper technique, communication, and education. I had 2 instructors in the room with me; one was the patient's voice, and the other was the patient's wife. The end result of this event was good. I passed my CPE and was able to understand and fully take in the feedback that was given to me by the instructors and will carry that with me throughout my career.</p>	<p>Step 4 Analysis</p> <p>What I can apply from CPE to my previous knowledge is that everything we have been learning from Module 1 to now is that everything comes together. We're learning it one by one but once you have all the information everything makes sense, and it is easier to understand and be able to do it hands-on. The relevant knowledge of CPE was using proper medication administration and keeping patients safe by putting up side rails and using our 4 P's. Our job is to keep our patients safe at all costs.</p>
<p>Step 2 Feelings</p> <p>In the beginning, I was feeling super anxious thinking that I would forget every step. However, once I was done with CPE, I felt relief but also told myself there was no reason for me to freak out like I was in the beginning. Mrs. Webster and Mrs. Kensing made me feel reassured and helped me calm down which I appreciated very much. The most important feeling I had at the end was the feeling of confidence. Since Module 1 I've had a hard time believing in myself thinking I am not smart for this. But this module has helped me a lot physically and mentally. CPE allowed me to accept that I do know what I am doing and that I am here for a reason.</p>	<p>Step 5 Conclusion</p> <p>In my opinion, the thing I would have done to make the situation better is by not freaking myself out too much. I needed to take a deep breath and trust myself. As for the instructors, I think they did an amazing job with communication and preparation, I do not think there's anything to change. What I could have done differently was I should have looked at my notes before walking in with my meds because I forgot to label my piggyback, but I was able to catch myself before ending my CPE. What I learned from this event is being able to use critical thinking and what the 2 different doses mean with hydrocodone acetaminophen 5-325mg.</p>
<p>Step 3 Evaluation</p> <p>What was good about CPE was being able to use clinical thinking. I was able to put 2 and 2 together by looking at lab values, comparing them to meds that were on the EMAR, and deciding whether that med was appropriate to give. CPE was not difficult at all, just nerves got in the way a lot. I am surprised with myself how well I was able to communicate/ educate my patient without having to say "um" a lot. I think I contributed well, way better than I thought.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think CPE went great and as expected. Something different I would have done is calm down and double-check myself with my notes that I was able to always have with me. How I will be using the lessons I learned from CPE in the future is by doing what is correct and not being that nurse who finds shortcuts or is lazy. Which leads to professional practice and shows how important it is for our patient's safety. Throughout my future school/ career, I will maintain professional care and make sure my patients are safe when being treated under my care.</p>