

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' perspectives?
<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?

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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?

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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.

Step 1 Description

Comprehensive practical exam was taken at Covenant children's hospital in the simulation center. This was done on Monday and on week 7 of the module. Two of my instructors were involved, they were observing my role as a nurse and making sure I assessed all of the safety precautions and practiced safe medication administration. I ended up passing this exam.

Step 4 Analysis

This situation covered safety issues to assess when walking in and before walking out of a patient's room, which is very important for patient safety. It also covered medication administration to ensure we as students are able to safely administer medication. We know medication error is very common and understand how important it is to make sure we are giving the right drug to the right patient, as well as the route, dose, and time.

Of the peers I talked to once we all finished the exam, no one had complaints of the scenario itself. We appreciated how upfront it was and the instructors being positive and optimistic for us.

The only issue among the class would be the fear of failing because of the weight of this exam alone.

I understand the reasoning of these exams and how important they are in contributing safety protocols in the hospital.

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<p>Step 2 Feelings</p> <p>In the beginning, I was feeling very nervous and nauseous. I was thinking about how much of a percentage this one exam is and how much it can affect my grade if I failed. It does not make me feel good because we work really hard throughout the module on all of the other tests, for this one to have the potential to lower our grade so much, we can fail the entire module. The instructors being very upbeat and positive really helped my nervousness. I do not feel as if the instructors are not on our side, I know they want to see us pass. I was happy to hear I passed the exam but I could not shake the feeling of potentially failing even after. I think the nervousness and fear of failing is the most important feeling because it can have a huge impact on our performance and self esteem.</p>	<p>Step 5 Conclusion</p> <p>To make the situation better, I could have trusted my nursing judgment and what I know to continue with the scenario and it would've helped with my time management. With this being an exam, I did not think I could proceed based on my judgment. I felt the need to ensure my instructors saw my effort in hitting all of the points and safety protocols. After the exam, my instructors informed me that some of the things I did were not completely necessary but I was too scared to not do everything possible and risk missing a point in the scenario and failing. I learned to trust myself a little more but I still don't think I would proceed on my own judgment in CPE. If anything, I would try to be faster in hitting my points since I know how thorough I like to be in these exams.</p>
<p>Step 3 Evaluation</p> <p>Although I enjoyed how quick CPE was, I do wish we had at least 30 minutes instead of 20. Feeling rushed makes me panic by making sure I hit all of the points that are expected. It was not a difficult scenario and I do think the entire process went well. My education and medication administration went well but something I struggle with is time management. I honestly expected to fail the exam only because of time management. I'm a very thorough person and want to hit every point to ensure I pass, but again it's the time that gets me. I do understand time management is extremely important in the hospital and nurses are not always able to do everything they expect to do in one sitting.</p>	<p>Step 6 Action Plan</p> <p>I honestly do not like CPE. I understand why we have it and respect the meaning of it, the stress that comes with it though is intense. I am thankful for the scenario itself and the great instructors that were a part of it.</p> <p>I will take this situation into my career by remembering that my assessments and medication administrations need to be done in a timely manner so I am able to tend to the rest of my patients.</p>