



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 eg. 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> <p>On May 5th, I performed my final Clinical Performance Evaluation (CPE) for model 4 of the CSON RN program. I played the role of the Registered Nurse for a 84 male patient who was admitted into the hospital for urosepsis. I assessed the patient for pain, possession, potty and position. I also administered two medications, one via PO and the other was given IV piggy back. The CPE was performed at the Covenant Women and Children Hospital-CSON simulation lab (5th floor). People at present during my CPE was myself (Jessica H Longoria) and 2 faculty instructors, Abby L Heinrich and Monti Griffin. The two instructors played the role of evaluators of my performance as a registered nurse. Based on my performance, they had the responsibility of evaluating if I did or not not performance the required task of providing the best care, keeping the patient's safety priority. I passed my CPE</p>	<p>Step 4 Analysis</p> <p>Everything that had been shown, talked about and explained to us in class and during clinical really does help drive home what is to be expected of use as a nurse and during CPE. The CPE put me in a situation were we had to think critically and independently, while still providing the safest and best care for a patient. Situations as such are what nursing in the real world will be like. I believe the intention to get us to thinking in the mindset of a nurse is the purpose of CPE and I feel that is what it is doing. When speaking to other class mates about their CPE, we all had the similar conclusions, it was a positive experience. Even those that didn't pass the first attempt, realized their mistake immediately or stated "we knew what we did wrong as son as we did it", meaning nerves got the best of them and they possessed the knowledge of what to do right.</p>
<p>Step 2 Feelings</p> <p>I was extremely nervous before and during the CPE. I was trying to stay focused on what I was doing and stay calm. Overall the experience did build confidence and make me feel capable of performing the skills I have learned. The words and actions of the instructors made me feel at ease and assured that I could complete CPE successfully, making me feel secure. I was relieved to hear I passed, the most important feeling I felt was realizing I was capable of being a nurse, the feeling of accomplishment.</p>	<p>Step 5 Conclusion</p> <p>I think I could have made this situation better by calming myself more, and working on realizing this is only for my benefit and have more confidence in myself. I knew the skills I was supposed to do, I just let nerves get the best of me and start to question myself. Next time I believe getting more practice with the equipment we will be using will help me with the times I am nerves and be more confident in myself, this is something I learned in from this CPE, I knew what I was doing, I just needed to be more confident.</p>
<p>Step 3 Evaluation</p> <p>The CPE was good for me because it gives me the practice I need for real life experience in the future. It was not an easy experience but it was a challenging in a good way. I think what made it hard was myself being nervous, its hard to perform as if no one is watching. It still went well because I was able to prove I am cabals of completing the task of proving care for my patient. The instructors did well in giving me constructive criticism. The outcome of CPE was exactly as I expected and how it was explained to us. The only thing that did go wrong was I got confused with when I was pulling medication from the medication drawer, it was a little confusing for me in the moment but other than that, everything went well. I did practice my skills several times in the simulation lab before performing my CPE and that helped me tremendously.</p>	<p>Step 6 Action Plan</p> <p>Again, overall I really did benefit from CPE. I have all the tools I need to provide care to a patient. During my CPE the times I did struggle it was because I doubted myself. The instructors reassured me I was initially correct in my tasks but only when I doubted myself is when I would make errors. Next time I will be confident in my actions and practice my skills more often, for example during clinical rotations and independent practices. I will grow to be more familiar and confident in the knowledge I possess and grow to be the nurse I know I can be.</p>