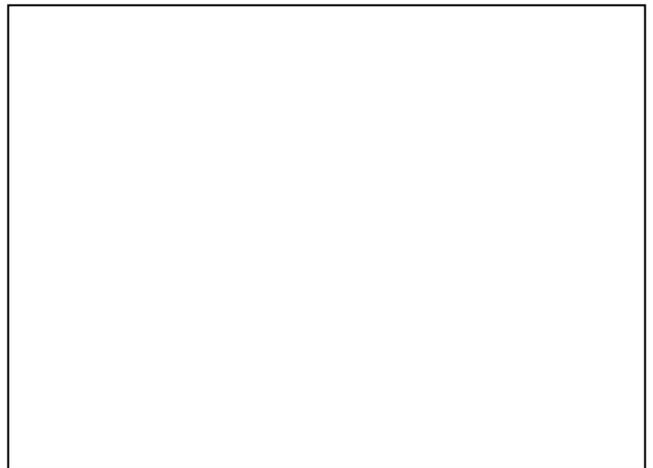


## Covenant School of Nursing Reflective Practice

		<p>skills, but le for means of al., 2014).</p> <p>the cycle. re not ll be Binder</p>
	<p>Ref estic to a by f</p>	<p>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>
	<p>em.</p> <p>you think?</p> <ul style="list-style-type: none"> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> </ul>	<p>previous knowledge, studies or research?</p> <ul style="list-style-type: none"> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?</li> </ul>
	<p>you have</p> <p>?</p>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul> <p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice? about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>





## Covenant School of Nursing Reflective Practice

Name:

Instructional Module:

Date submitted:

*Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.*

<b>Step 1 Description</b>	<b>Step 4 Analysis</b>
<b>Step 2 Feelings</b>	<b>Step 5 Conclusion</b>
<b>Step 3 Evaluation</b>	<b>Step 6 Action Plan</b>