

# Covenant School of Nursing Reflective



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><b>Step 1 Description</b></p> <ul style="list-style-type: none"> <li>Graded CPE</li> <li>May, 5<sup>th</sup>, 2025</li> <li>Sim center at covenant</li> <li>Mrs. Culombe, Mrs. Duriex, and I</li> <li>Safety Skills</li> <li>I was the nurse</li> <li>Observers</li> <li>CPE</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>What can you apply to this situation from your previous knowledge, studies or research?</li> <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 on personal / patients / colleagues?</li> </ul>
<ul style="list-style-type: none"> <li><b>Step</b></li> <li>I was confident in the beginning</li> <li>That I had practice every critical aspect of the CPE to a T</li> <li>The CPE made me feel like a failure</li> <li>Mrs. Duriex made me feel as though I made the right decision in my CPE however I still did not complete the CPE correctly</li> <li>This has made me feel Incompetent</li> <li>I feel my final outcome was unfair, I personally don't believe I deserve a 75</li> <li>I was beyond disappointed in myself, my knowledge, my skills, my critical thinking and my clinical thinking.</li> </ul>	<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 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>This was a great learning tool for students</li> <li>My scenario I feel like was set up a little to hard for module 4 students with the aspects we are supposed to use during CPE.</li> <li>Yes, it should have been an easy CPE for ME</li> <li>I believe my scenario was set up to difficult for future m</li> <li>What went well?</li> <li>What did you do well?</li> <li>What did others do well?</li> <li>Did you expect a different outcome? If so, why?</li> <li>What went wrong, or not as expected? Why?</li> <li>How did you contribute?</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>

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Step 1 Description	Step 4 Analysis
Step 2 Feelings	Step 5 Conclusion
Step 3 Evaluation	Step 6 Action Plan

