



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.

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 • 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?	Step 4 Analysis • 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?
Step 2 Feelings Don't move on to analyzing these yet, simply describe them. • 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?	Step 5 Conclusion • 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?
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?

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 During my Clinical Performance Examination (CPE), I played the nurse, and my patient was a manikin. I practiced patient safety while administering medications and using the fall bundle. I passed on my first attempt, but my instructor noted I did a few unnecessary steps. She mentioned that I seemed nervous, slow at times, and checked an IVPB compatibility when it was not required.	Step 4 Analysis From my knowledge, I understand that nursing requires both safety and efficiency. My nervousness showed me how confidence can affect performance even when I know the material. CPE highlighted the need for me to practice balance with thoroughness and efficiency in patient care.
Step 2 Feelings At the beginning, I felt nervous because I wanted to perform well and not forget any steps. During the scenario, I was overthinking, and this caused me to move slower. Afterward, I felt relieved that I passed but also motivated to build more confidence	Step 5 Conclusion I could have improved the situation by focusing only on the necessary steps and trusting my preparation. I learned that confidence and efficiency are just as important as being thorough. Next time, I will work on staying calm and avoiding unnecessary actions.
Step 3 Evaluation The good part of the event was that I passed and maintained patient safety as my priority. The bad part was that I added unnecessary steps that messed with efficiency in medication administration. I did well remembering safety measures, and my instructor gave me helpful feedback.	Step 6 Action Plan Overall, I learned that I know the material but need to improve confidence and speed. Next time, I will practice in a timed setting and remind myself to stay calm and focused. I will apply this lesson to future clinicals by being safe while avoiding unnecessary steps.