

Kia Warren



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 (e.g. 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?

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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.

<p>Step 1 Description</p> <p>I was participating in my CPE at the skills lab with Mrs. Myers monitoring my performance to verify that I performed my skills in a safe manner.</p>	<p>Step 4 Analysis</p> <p>I feel as if now I know how to look at labs and orders more effectively to ensure patient safety. I learned that it is very important to look at every single piece of the puzzle before just going in to solve it.</p>
<p>Step 2 Feelings</p> <p>In the beginning I was very nervous and did not know what to expect. I honestly thought I was going to forget something simple like asking the patient if they had any allergies. After my scenario was finished I was nervous thinking, I had to have missed something because I felt like I finished too quickly. However, I was pleased to find out I did well.</p>	<p>Step 5 Conclusion</p> <p>The only thing I would have changed about my scenario was how nervous I was in the beginning. I am not sure why I tend to overthink everything, and I hope that one day I am confident enough in myself and my skills to just go in and perform a CPE without hesitation.</p>
<p>Step 3 Evaluation</p> <p>I felt as if my scenario went smoothly and I held certain medications that were scheduled for the safety of my patient. I felt as if I used my nursing judgement in the correct manner.</p>	<p>Step 6 Action Plan</p> <p>I believe that my scenario went very well, and I am more prepared in the future to try and calm down my own anxieties and be more confident in myself. I am also very proud of myself for holding certain medications from my patient in the scenario that could have potentially caused the patient harm. This raised my self-esteem when it comes to my nursing judgement.</p>