

Covenant School of Nursing Reflective Practice



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. <u>Remember to 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. personal / patients / colleagues' perspectives?
<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>During this CPE scenario I played the role of the Nurse taking care of my patient who was played by my professor. I was responsible for treating my patients' infection with the correct medication and providing adequate care to help keep my patient safe and reduce any pain they were having. My scenario ended with a positive result as I met the criteria that was required in order to successfully complete the scenario.</p>	<p>Step 4 Analysis</p> <p>I could apply my previous knowledge in safe medication admin and patient safety. These were the very first basic skills we learned in the beginning. Retaining these skills helped me to succeed. People's different perspectives impact the situation by analyzing the event in different ways, allowing each person to describe how the situation felt to them. It is beneficial for both me and my professor to discuss our perspective allowing us to learn something from each other that could potentially benefit us in the future.</p>
<p>Step 2 Feelings</p> <p>At the beginning I felt very nervous and started to doubt myself. I started overthinking about all the things that could go wrong and ways I would not meet the criteria. But throughout all of the nervousness I managed to make my way through achieving the goal of this scenario. The most important feeling I had was relief. At the end of my scenario when everything was over and I found out I successfully completed the CPE, the weight lifted off of my shoulders and I was happy I made it through. This feeling is the most important because it goes to show I should have believed that everything would work out.</p>	<p>Step 5 Conclusion</p> <p>I could have made this situation better by slowing things down and taking my time. I found myself feeling like I was running out of time when really I had plenty of time. So in the future I will take my time. I truly believe that I was well prepared for this situation, everyone was so assuring that everything would be fine we were given the best resources to help better the situation. I have learned about good time management in this situation, I learned how to identify patient priorities to help treat them in a timely manner.</p>
<p>Step 3 Evaluation</p> <p>The thing that was good about the event was, it was way easier than I had expected and we did have a guide that was used for grading to help walk us through. The scenario was straight forward in regards to what was needing to be done in order to best complete the scenario. We also had time to prepare for the situation which was very helpful. The event as a whole went really well despite the nerves once I began to care for my patient everything started to line up. I felt like my flow and time management was really well to best care for my patient.</p>	<p>Step 6 Action Plan</p> <p>Overall I have a positive outlook over the situation. I am very proud and impressed by how this simulation was put together. I can apply the lessons I took away from this scenario all throughout my nursing career. The key elements I learned are used on a day to day basis in nursing. The biggest thing is keeping your patient safe and by completing this event it helps better prepare me for my future as a nurse caring for patients in the safest way possible.</p>