

## 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><b>Step 1 Description</b>          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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</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 eg. personal / patients / colleagues'</li> </ul>
<p><b>Step 2 Feelings</b>          Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</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>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</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>

# Covenant School of Nursing Reflective Practice

# Covenant School of Nursing Reflective Practice

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><b>Step 1 Description</b></p> <p>In the CPE, I was the nurse, and Mrs. Burnett was role playing as the patient. I was assessing my patient and giving medications based off of their symptoms, vital signs, lab values, and any other relevant information in their chart. My patient had urosepsis and was presenting with a fever.</p>	<p><b>Step 4 Analysis</b></p> <p>I can apply a lot from this situation. It was a good learning experience to be in charge and make decisions of what medications I wanted/could give based off my patients chart. No issues raised during the scenario it was honestly easier than I was expecting and pretty straight forward. I feel more confident on drawing up my medications, and medication administration as I got to practice completely on my own in CPE.</p>
<p><b>Step 2 Feelings</b></p> <p>I was extremely nervous in the beginning. I felt confident that I would do good but just nervous of the possibility of failing. Mrs. Burnett was very nice in the beginning and talked to me before starting which calmed my nerves.</p>	<p><b>Step 5 Conclusion</b></p> <p>I don't think anything could've been done about the situation itself, to make it better. I think it's just something that was nerve racking for anyone. If possible it would've been nice to have CPE before thanksgiving or a couple days after being back, instead of the day after break.</p>
<p><b>Step 3 Evaluation</b></p> <p>The actual medication administration was easy, it was nice to be able to have a piece of paper to write things on as reminders. I also liked how the instructors were able to talk for the patient. I expected I would forget something simple like the call light, but thankfully nothing was forgotten. Overall I think everything went well.</p>	<p><b>Step 6 Action Plan</b></p> <p>I can use what I learned and practiced in CPE and apply it to clinical in the future. I'm glad we have CPE to further practice patient safety and get more comfortable and confident in medication administration. I wouldn't do anything differently next CPE, maybe just being more confident.</p>

# Covenant School of Nursing Reflective Practice