



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?

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>We were all each given the same patient but each student had a different scenario for CPE. I was nervous about what I needed to do, until the instructor gave us the patients charts. Upon seeing the current information regarding the patient, I knew what I needed to do.</p>	<p>Step 4 Analysis</p> <p>So the patient situation that was assigned to me had a WBC levels of greater than 14,000, which is indicative of infection. And based on the diagnosis of Urosepsis, this checks out. And based on the patient's WBC levels, I needed to give the patient a IVPB antibiotic.</p>
<p>Step 2 Feelings</p> <p>As I have stated in Step 1, I was a little bit nervous and anxious at the beginning because I knew what to expect, but I did not know what to prepare for as well. I was not really focused on what my peers was feeling because I was really trying to focus on my own. This moment and feeling was important for me because it is where I had to really overcome my emotions and focus on the task at hand.</p>	<p>Step 5 Conclusion</p> <p>After the instructor gave me the evaluation, she did mention that I did do what I needed to do, but I was "all over the place". And because of that statement, I really think that I could focus on working/performing my tasks in the future more efficiently. Although, I did finish my CPE less than the time allotted.</p>
<p>Step 3 Evaluation</p> <p>The CPE is a great teaching moment specially it is a controlled environment where we get to put everything that we have learned so far to use. The easy part for me was the skills needed to be performed, I was able to perform it well enough to get a "check" in the box. Another easy part was after learning about the recent info about the patient, I really knew what I needed to do next. A little bit challenging was the part where I was being observed, its just a different feeling. But overall, I did pass in one attempt.</p>	<p>Step 6 Action Plan</p> <p>The CPE experience for this module was a great teaching experience for me. It gave me the confidence boost that I did know more than I think I do. I usually second-guess myself, but after the CPE, I was a bit more confident. I will say that I could have been more efficient in the way I performed certain tasks, but I think it the "being observed" part and the pressure that it gives that made me go "all over the place". But, I was able to do what I had to do and finish within the time limit. And I passed in one try!</p>