



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 eg. 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>During CPE at the Covenant SIM Lab, I played the role of the nurse. It was a great learning experience and allowed me to use gained knowledge to safely administer medication(s). I enjoyed this experience, it boosted my confidence and created a safe space to learn.</p>	<p>Step 4 Analysis</p> <p>I can apply that critically thinking and seriously taking labs into consideration is important for safe medication administration. The testing of safety was going on during this CPE.</p>
<p>Step 2 Feelings</p> <p>During the beginning of CPE I felt nervous; I was thinking about remembering all safety and trying to not overthink the process. I felt great about the final outcome, I was able to successfully complete CPE without having to repeat.</p>	<p>Step 5 Conclusion</p> <p>I could have made the situation better having better understanding of labs and how each effects medications. I don't feel there was anything that could have made the situation "better" there wasn't anything that was bad. I have learned the importance of safe medication administration.</p>
<p>Step 3 Evaluation</p> <p>CPE was good because it tested critical thinking and the ability to safely practice. It was not difficult; with the feedback given I learned I did medication checks efficiently checking medication 3 times.</p>	<p>Step 6 Action Plan</p> <p>CPE was a great experience; overall it tested knowledge that has been taught in the class and clinical settings. The conclusion I can draw from this experience is to thoughtfully think of each medication given. This experience will create a memory to think back on regarding the medications and labs that were factored together.</p>