

## 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>

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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><b>Step 1 Description</b></p> <p>During CPE , I played the role as a nurse at the hospital. My patient presented with Urosepsis , I treated them with Levofloxacin and I administer hydrocodone for their pain . It was me and one of the professors .</p>	<p><b>Step 4 Analysis</b></p> <p>Previous interactions I've had with patients at work made this situation more understandable and allowed me to connect with what was going on with my patient physically and emotionally . My previous knowledge of the patients condition is relevant to this situation because it allowed me to understand the disease process and how to manage it .</p>
<p><b>Step 2 Feelings</b></p> <p>At the beginning I was nervous but confident I could take care of my patient . At the time I was thinking of the possibilities of messing up and forgetting a small step over a big step . I felt relief after the final outcome I passed and I felt proud of myself .</p>	<p><b>Step 5 Conclusion</b></p> <p>I learned from this event how to care for patients with Urosepsis and how to be more confident with patient care . Something I could of done better is the interaction with the patient getting know know them more and understand them .</p>
<p><b>Step 3 Evaluation</b></p> <p>A good thing about this event was my medications teachings , a bad thing was my time management I felt like I was all over the place . I will be more confident on my next CPE for sure. Things overs did well was the instructor feedback post CPE it allowed me to reflect on certain mistakes and learn from them like time management .</p>	<p><b>Step 6 Action Plan</b></p> <p>I can use this lesson in the future for upcoming CPEs I can apply the mistakes I made like time management and increase my confidence so I can perform better in my next CPE . Overall I think this experience was great simulation so real life patient care you don't know what really is going on until you met the patient and talk to them .Never just assume based of the patients chart.</p>

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