

## 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.”(Tsingoset 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' perspectives?</li> </ul>
<p><b>Step 2 Feelings</b>          Don't move onto 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>I was at the simulation center playing the role of nurse. I had to look through the chart to decide what meds to give based on labs. In the end I decided to administer clopidogrel PO and levofloxacin IVPB. I also had an instructor watching to grade me.</p>	<p><b>Step 4 Analysis</b></p> <p>Something I can apply to this situation from my previous knowledge is being in the clinical setting and this scenario was very similar to it. For example going in to check on the patient before administering meds and them not having their call light in reach. CPE really only measured our ability to keep our patient safe by giving the right meds, using asepsis to hang the IVPB and universal safety precautions which all will be used daily in nursing.</p>
<p><b>Step 2 Feelings</b></p> <p>When I got to room 4 I felt nervous and I just remember trying to remind myself of all the safety precautions to remember. Mrs. Heinrich asked me how I felt and asked if I was nervous and I responded yes. Waiting in the prebrief room and looking over the chart really built up my nerves as I had so much time to overthink.</p>	<p><b>Step 5 Conclusion</b></p> <p>I think I could have practiced doing a little script of teaching about meds to the patient and that maybe would have helped me feel more confident and more at ease going into the room. This situation honestly gave me more confidence in my flow of things.</p>
<p><b>Step 3 Evaluation</b></p> <p>The good thing about the event was that I passed and it felt easier than I expected. The bad thing is that when hanging the IVPB I have no idea how but instead of first opening the cap to the spike I took off the cap to the port that would connect to the primary tubing so I got very flustered. However, I maintained asepsis and took off the cap to the spike and connected it and everything else went smoothly.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think the CPE requirements and situation were very similar to a real life situation. I will remember this teaching moment and the same things such as the call light being out of place or having to check labs before giving meds will happen in clinicals and remind me of CPE. Overall I thought the situation was simpler than I had anticipated and it was a relief to have it be so straight forward and not feeling like something was a trick.</p>