

Covenant School of Nursing Reflective



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. <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"> • 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. personal / patients / colleagues' perspectives?
<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?

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Step 3 Evaluation

- 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?

Step 6 Action Plan

- 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?

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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>Step 1 Description</p> <p>On Monday, February 23rd, I took my CPE exam in the Simulation center at Covenant Children's hospital. Mrs. Moreno was in the room as well as another kind woman whose name I don't know. I played the role of a nurse giving medication to a patient and Mrs. Moreno played the role of the patient while simultaneously evaluating how I performed. I ultimately timed out of the scenario and was asked to return later in the day to repeat the oral medication part of the scenario. I was also asked to focus more on patient teaching when i returned.</p>	<p>Step 4 Analysis</p> <p>While most other people that I talked to about it passed on their first try, I have come to understand that many people share my feelings about the experience. For some reason many of us are more intimidated and nervous with the simulatio</p>
<p>Step 2 Feelings</p> <p>I was feeling very nervous before the simulation took place. The simulation lab is always where I struggle the most. Mrs. Moreno was very comforting and clear with her instructions. After I timed out she was very encouraging about the things I did well and gave me good advice on how to do better and better manage my nervousness. I returned later in the day and did another scenario with Mrs. Burnett. She was also very clear and encouraging and I was able to retake the scenario quickly and pass. The most important emotion that i felt was relief at the simulation being over, but also confidence in the things that I did well.</p>	<p>Step 5 Conclusion</p> <p>Something that I could have done better is to pay more attention to the time instead of assuming that I had enough. I also wish that I had actually physically practiced and timed myself before coming in, instead of just going over the paper material. Something that I specifically learned is that i am more comfortable if I am talking to the patient rather than just going through the motions and I can use that need to talk to accomplish more patient teaching rather than rambling about whatever pops into my head.</p>

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Step 3 Evaluation

The atmosphere created by both Mrs. Moreno and Mrs. Burnett was very good. I did really well with my IV medication as well as my universal policies and patient safety. I did not do well managing my time and need to learn better how to manage my nerves without requiring extensive amounts of time. Both Mrs. Moreno and Mrs. Burnett were very gentle and encouraging which improved my experience greatly.

Step 6 Action Plan

Overall, I do actually think that this CPE experience was helpful to my nursing education and gave me things to work on while also giving me confidence in the things that I do know. I do believe that I will be able to apply the things that I have learned to my future nursing practice. Something that I may do differently in the future is to schedule some simulation practice hours with a classmate in order to try and overcome my discomfort with the sim lab.