College of Nursing of New Brunswick | Ordre de la pratique infirmière du Nouveau-Brunswick

Self-Reflection Exercise

Think of at least one practice situation where you performed well and one where you feel you could have performed better. Please note the questions listed in this exercise are to be used as a guide to reflect on your practice—not all questions may need to be answered or considered in all situations.

Step 1: Describe the situation

- What are the facts of the situation?
- Who is involved (e.g. client, family members, colleagues, etc.)?
- What is the main issue?

Step 2: Analyze the situation

- What went well in the situation described in step 1?
- What did not go well?
- Describe the impact on the client from the client's perspective (if applicable).
- Describe the impact on other individuals involved (if applicable).

Step 3: Identify resources you can use to help inform the situation

- Are there any relevant legislative, regulation(s), standards and/or guidelines that you can use?
- Does your organization/facility have any policies you can refer to?
- Are there any individuals or organizations (e.g. Canadian Patient Safety Institute) with expertise in the area?
- Is there evidenced-informed literature available?
- Are there any ethical guidelines (e.g. *Code of Ethics for Registered Nurses*) you can refer to?

Step 4: Evaluate what you have learned

- Did you identify any practice setting policies or procedures that differ from your professional obligations?
- If you were to encounter a similar situation in the future, what would you do this time? Would you act similarly or differently?
- What have you learned from this reflective exercise?

Adapted with permission from The College of Registered Nurses of Manitoba.