
Reflecting on My Practice

October 1, _____ to September 30, _____

Name

CARNA No.

Practice Year

Role (Position)

Practice Setting

Reflective Practice Notes

You may find it helpful to use this worksheet as a format for a journal or for occasional use as you reflect on a case that went particularly well or a situation that was difficult for you. The analysis can help you identify strengths or areas to work on in your practice.

Description of a situation

Date? What happened? (To ensure confidentiality, initials or a description should be used.)

Analysis of situation

What went well? What did you find difficult? What surprised or puzzled you? How did you feel? What would you do differently in the future? What do you need to know to assure a better outcome?

Which NPS indicator(s) apply?

Identification of strength or area to work on in your practice.

Did your practice meet the nursing practice standards?
What area do you need to work on in your practice?