

## 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><b>Step 1 Description</b> A description of the incident, with relevant details. Remember to <u>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>Poor Kids Poverty Simulation – The video is about three different families. What they have in common is they are trying to get by with what they have. One family can't pay the bills in time; gadgets and electronics are gone; their sink's broke, the kid joined Nutrition Club to get bag of Food every Friday then her mother got pregnant with a boy. Other family can't eat three meals a day, the girl collects cans with her friend to earn money, they also have to give up their dog, they have to save how they use gas and everything. Last family, the guy wants to buy things that he likes but his family can't afford it, they live in a homeless shelter, his sister is embarrassed of their situation. Some of them got bullied because they are poor. Towards the end, it's been five years since the first video. Their situation is much better than before.</p>	<p><b>Step 4 Analysis</b></p> <p>What I can apply to this situation is education and family planning is important, but I know that things happened. Not all people are going to get to go to college, some have kids early, etc. The three families have a similar situation in a lot of ways. The impact of their life makes them not want to have it that way in the future – one of them said “No offense, she tried her best, but I'm scared to death of becoming, like, her. Her financial situation and things that's happened to her that affects how she acts.” The broader issues that can arrive from this event is they may go in a path that do wrongdoings and that can result to making their lives more complicated.</p>
<p><b>Step 2 Feelings</b></p> <p>I feel bad for their situation and at the same time I feel lucky and blessed that I can able to eat three times a day, I have roof under my head, I can able to go to college, etc. I'm also am proud of them because they still have inspiration to go to college even though it is hard for them to go and they are very mature for that age. That they still not giving up on their dreams. Also, they don't lean on doing illegal things. While I'm watching the video, I thought about the poverty in where I'm from (Philippines) – they can't go to school because it's not like in the United States that public school is free, public school there still have a tuition, and they live in a squatter areas.</p>	<p><b>Step 5 Conclusion</b></p> <p>The parents could make the situation better by using safe sex practice because it is not suitable to have a kid in their condition but at the end of the video, one of the kids said that the baby pull the family close together. Also, the mother said that she tied her tubes after they had him. I know the parents tried their best to give everything they can to their children. I'm grateful on what I have but this video makes me more appreciative on those things.</p>
<p><b>Step 3 Evaluation</b></p> <p>The bad part is they can't enjoy their childhood that much because they have to help their parents to earn money by lawnmowing, collecting cans, etc. The good thing is the video help people see and understand their poverty situation and try help them in any way that they can. I searched on what happened to them now and it's really sad because one of the families' children die because of an accident – skidding across an icy bridge and crashed into a tree. Three of the them, one from each family become parents/have kids. One of them went to jail because he started hanging out with the wrong people but he's trying to refocus now on his study and still not giving up on his dream, which is football. Their condition is I will describe it as up and down – it gets better then it will go to not being better again.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, this situation is very sad, but the children handle it very well. They're mature for their age and they really try to help their family in the ways that they can. I can use the lessons I learned by not complaining on little things because others have it worse than I do.</p>