

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. 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"> • 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?
<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?
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • 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? 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • 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>The video over Poverty had many eye-opening stories. There was a story over a family who was struggling. The family had both parents and a son, daughter, and baby on the way. The daughter at the beginning of the story was 10 years old. The dad was in between jobs and the family was struggling with paying the bills and keeping food on the table. The daughter was very upset that they were struggling and missed her old belongings that they had lost due to moving houses. When the story left off the mom was expecting a baby and the parents were stressed out about how they were going to provide for their growing family. When the story picks back up a few years later the daughter of the family is now a teenager. She tells us that she struggled in school for a bit and almost got expelled but turned herself around and ended up graduating high school. The Dad had a pretty steady job at the time, and they ended up being a very close family supporting each other.</p>	<p>Step 4 Analysis</p> <p>This family's situation at the beginning of the story and the outcome a few years later shows that you can overcome adversity in your life. In the end it made the family close and supportive of each other and they seemed happy despite their hardships.</p>
<p>Step 2 Feelings</p> <p>At the beginning of the story I was so heartbroken for the family. I was especially heartbroken for the kids who were upset and stressing about how they were going to eat and get the bills paid. When the story picked up when the kids were teenagers, I was so happy to see that the daughter had graduated high school despite the troubles she had in school and rough time her family was going thru.</p>	<p>Step 5 Conclusion</p> <p>I have learned that there is hope in hard situations. I have learned that hard times can end up making you stronger and teaching you lessons in life.</p>
<p>Step 3 Evaluation</p> <p>The good thing about this story is that it shows that even when you are going through a hard time you can keep up with the important things that need to get done. It was not easy for the kids or the parents but at the end of the story the family was close and supportive of each other. Part of me did not expect the story to end with a happy ending.</p>	<p>Step 6 Action Plan</p> <p>I think this story was a great one to watch to be taught the lesson of strength and overcoming hard times. I can even apply this to being in nursing school. It is very hard at times, but I just need to learn what I can and take something away from this time in my life to use for later. I also think this video has taught me to be more sensitive to people because you don't know what they can be going through at home.</p>