

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 poverty video was definitely an eye opener. According to the video, there are so many kids and families going through difficult times. I never really thought there was that many families going through that. It was truly heartbreaking to watch. Some kids even had to help their parents with money. Others had to give up a house and live in a hotel and drive hours every day to find work. These families in the video though did not give up. They find ways to make money and provide for themselves and I look up to them for that. Sometimes we have to stop and appreciate the things we have because life can change at any moment.</p>	<p>Step 4 Analysis</p> <p>I have had friends who went through this, but they didn't show it. They were always trying their best like the kids and families in the video. I also remember back when I was in community college, we had a lesson somewhat like this in my sociology class. That class really opened my eyes too because I learned so much about the way people lived. I definitely think some people don't know how hard others struggle, so it is important to always appreciate the life you have because others may not have it so good.</p>
<p>Step 2 Feelings</p> <p>I was really sad watching the whole video because no one deserves to go through difficult times like that. The kids especially don't deserve to live like that. I think the most important feeling through this video was feeling sad, especially because all I want to do is help those people. Seeing the kids have to work too and help is so sad because they are supposed to be living their childhood and instead, they are having to worry about eating and finding a place to live. The outcome towards the end of the video though seemed to get a little better. They were still struggling, but it looked like they were on the road to a somewhat better life.</p>	<p>Step 5 Conclusion</p> <p>If I could make the situation better, I would. I wish I could help all those people and many others because no one deserves to struggle so much. I know that I can use what I have to help though, whether it be donating clothes or canned food. I could maybe also educate on how education can really be beneficial for individuals. I always tell people if they need help with school, I will help them. I never want anyone to feel they are not capable of doing great things.</p>
<p>Step 3 Evaluation</p> <p>The good thing about this video was seeing the kids and how they lived. They were sad, but they were also so strong. They all seemed to look at the brighter side of things. I know it is difficult for them because they kids say they get bullied and are having a hard time in school grades wise. Most of them seem to want to go to college though and make a better life for themselves and for that, I am so proud of them. I really hope they are able to follow their dreams and make a better life for themselves.</p>	<p>Step 6 Action Plan</p> <p>I think the overall situation of the video is so sad. There are so many families in this situation of poverty, and I know it is hard for them. I know it is hard to struggle every day and worry about how they are going to get money, food, gas, etc. I know in the hospital I might see patients like this, and I know I have to remain professional. Being a nurse is about caring and I care so much for people, especially if they are struggling. I just want to be a person that my patients can rely on and feel comfortable to talk to. I will do everything that I can to do my part in helping people that struggle with poverty.</p>