

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>Today I watched a PBS video about child poverty happening in the United States. Most of the children were from the state of Iowa. This was a video demonstrating different child's lives who live in poverty with their parents. They were unhappy with their lives and wished they weren't poor. The children went through hunger their child years since they were in need of money to buy food. The result of the video was demonstrating their lives after a few years and how they're lives changed. Some of their lives got a little better. Most of the children got better homes to live in while others still weren't in a stable home.</p>	<p>Step 4 Analysis</p> <p>Other broader issues that occurred in these children's lives is bullying. They were bullied for being poor which I think is so sad because we shouldn't judge other people's lives. It's sad to think that other children laugh about these situations because these are difficult times for these children. They are suffering and are upset. This video did impact me in many ways and one of them was by always being grateful to what we have. We need to help all children in need and in hunger. All the children in the video were living similar situations just in a different family.</p>
<p>Step 2 Feelings</p> <p>At the beginning I was feeling sad for them since they are going through hunger. I was thinking how we take things for granted because there are others who suffer from hunger. During the whole video I felt sorrowful for the children suffering. The end made me feel happy for them because they want to better themselves and go to college to not be poor. I feel proud of them because they are willing to challenge themselves to be better and have a place to call home. The most important feeling I think was being proud of them because they are very strong and not giving up on their dreams to finish school.</p>	<p>Step 5 Conclusion</p> <p>I would've made this situation better by donating food and getting others to donate as well. I would have tried helping their parents out to find jobs that can provide food for their family. Others could have made this situation better by helping me out. The children's teachers maybe could have contributed as well to find ways to help them with food needs. I have learned from this event that we should be grateful every day to have food on our table because others don't have that opportunity. Also be thankful to having the opportunity to go to school and finish college because others don't get a choice.</p>
<p>Step 3 Evaluation</p> <p>This event was a great way in demonstrating that anything is possible and to believe in yourself. They never gave up and tried to help their parents better their lives. They were in difficult situations that made them stronger and to keep finishing school. These children are very smart and gave a powerful message to others. I did expect a different outcome of the video I thought they were still going to be suffering from food, but their situation did get a little better. They got homes and a better situation for some of themselves.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think about this situation being disappointed and sad that not all children get to live a happy childhood. Many children are in hunger and in a great need of stuff. It's sad to see how child poverty can cause many things in their lives especially affect their education. I can use this lesson in my future to help others always when I get the opportunity too. Everyone should try to contribute and help the children in need. It's important for their health and education needs. We should never judge our patients if they're in these kinds of situations.</p>