

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: I watched the PBS "Poor Kids" video which made me feel extremely frustrated and sad knowing there are millions of families with kids that are going through similar situations. I wish there were more resources available to help families in need within the United States. Seeing one of the families having to leave their house and give up their dog while another having to stay in a shelter and hop to different hotels is very disheartening. The children involved could be psychologically harmed in the future and the parents may feel like they are failing as a parent and could be experiencing depression.</p>	<p>Step 4 Analysis: I feel these people are doing the best that they can with the resources that they have been provided with. The parents could possibly look into workforce solution resources or look into more government assistant financial resources as well. I feel the children should be receiving some type of counseling or therapy services, so they are able to express how they feel, especially during the harder months. Maybe they could receive those services through a school counselor or guidance counselor.</p>
<p>Step 2 Feelings: I feel like the US is failing these families and it is extremely sad to think about. In my opinion, there should be more resources to help these families and anyone who is struggling below the poverty line. It makes me feel worried that these children will not be able to have the same opportunities as children who come from more financially stable households such as a better-quality education or opportunities to get out of their hometown and explore other experiences within the world.</p>	<p>Step 5 Conclusion: This video and the situations displayed are extremely sad and discouraging to say the least. I feel people living below the poverty line should receive further assistance until they are able to provide enough for themselves to rise above the poverty line. If nothing else, the children of these families should receive further assistance as they have absolutely no control over the circumstances they are raised in and are not capable of changing their situation or making an improvement towards it.</p>
<p>Step 3 Evaluation: The only good thing I can think of after watching this video is the school providing nutritional packages for the children to take for over the weekend. I think that is a vital resource for the children receiving it and is one less thing they must worry about, as during the week may be their only consistent meal they receive. I feel like families having to continue to relocate due to not being able to afford their housing is a bad situation. It is extremely sad to think that some of these children's dreams may never be fulfilled due to less opportunities to get noticed by the right person.</p>	<p>Step 6 Action Plan: I am really hoping these families were able to provide a more stable financial situation for themselves, especially with this last year we have all experienced. I also really hope the children featured in the video were able to go off to college to further their education and better their future, though unfortunately I feel some of them did not make it out of their situations. I have always wanted to help people when I was able, especially the people and families from less than opportunistic backgrounds with less chances to succeed. I hope later in the future to open or partner with other healthcare workers to open a clinic for families below the poverty line to ensure they receive adequate healthcare opportunities.</p>