

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 This documentary followed 3 families and interviewed them about their lives living in extreme financial struggle and poverty. They were interviewed in childhood and then again five years later, once many of them had entered their teenage years. Each family lived in different areas of the United States and had a different story as to how and why they had gotten to that point of their lives, but the main thing they all had in common was struggling to find food and enough money to pay bills. One family lived a nice and cushy lifestyle, and then the recession hit, now they live in a shelter. Another family struggles because it is a single mother household. The last family lost their job and had to downsize in everything, then had an unexpected pregnancy. Approximately 5 years later, they came back and re-interviewed the children and families to see how they were doing. Many of them were in the same position but doing better. Some still homeless, other situations got better or they've found some kind of financial balance.</p>	<p>Step 4 Analysis After watching this documentary, and after having to live through the covid pandemic, I think that many families are most likely in the position of the families in the movie. With covid, people lost their jobs and bills could not be paid. Since there were multiple families in the documentary, they all had a similar struggle, which was money. The only thing different between them was how they go there.</p>
<p>Step 2 Feelings Watching these children talk about how they feel when they get hungry and do not have anything to eat is very sad. I always hear about food banks and charity food donations, but clearly from this documentary there are not enough food banks out there for people to get access to food help. Something else that was frustrating to see was when one of the members in the show could not get proper healthcare treatment due to the government aid health insurance they had. It just really shows that healthcare is a big business, no one should be turned away from care like that.</p>	<p>Step 5 Conclusion Some things I learned from this event is to never judge them, especially from their financial background. It is none of my business or anyone else's business how much money someone has. I think it is important to remember this when taking care of patients. Don't ask if they need any help unless they ask you directly. The main thing is to be respectful.</p>
<p>Step 3 Evaluation For the families and their personal situations, I do not see anything good out of it, other than them just making the most of what they have. It was kind of hard to see that after all that time, most of them were still stuck in the same situation. Also, to see that some of the kids knew that their lives turned out that way because they had to grow up poor like that. The documentary was very well produced and informative. I think for some, they truly do not know what it's like to grow up like that or even know that lifestyles like that exist in our country.</p>	<p>Step 6 Action Plan After watching this, it has definitely made me more aware of the things that go on in our country. I can definitely apply this to every day life when meeting new people or understanding other people's financial situations whether it was their past or present. I don't think there is anything different I would do if I was in their situation, in all honesty I would not know what to do. I, thankfully, have never had to struggle through something like that before.</p>