

## 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><b>Step 1 Description</b></p> <p>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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b></p> <p>Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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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><b>Step 1 Description</b>          The bread winner of the family lost his job which led to the family not being able to pay the bills. The kids in the family were interviewed about the situation. The young girl was able to understand their situation. Even though she was very young she was able to comprehend the fact that they did not have money for things like hot water, cable, and other commodities. The kids worried about things like the dad getting a job, the family vehicle, and losing the house. Things that kid their age don't usually have to think about.</p>	<p><b>Step 4 Analysis</b>          To this situation I can apply what I have learned about community resources. There is literature about insurance and resources for those who struggle to afford healthcare. The knowledge of community resources and discharge planning is important for this event. Broader issues such as psychological issues arise from this. Many people struggle with poverty and financial issues and everyone's experience is different. I can make sense of this situation in the fact that any day the breadwinner could lose their job, and everything could change. Having different perspectives allows you to understand different sides of the community.</p>
<p><b>Step 2 Feelings</b>          At the beginning I was feeling a sense of sadness and sympathy for the family, I felt sadness about the whole situation. The words and actions of the family made me think about how hard it must be and how the kids must grow up faster than others. The fact their childhood is plagued with worry filled me with more sadness. In the end the son and the dad got a job and the family still struggled to make ends meet. The stressors and worries did not dissipate. The most important feeling from this was the feeling of sympathy. Even though I haven't experienced this situation being able to understand their feelings and their struggles is important.</p>	<p><b>Step 5 Conclusion</b>          There is not much I could do to make the situation better. Others such as family members possibly could have helped. From this event I have learned the struggles and issues that come with financial struggles.</p>
<p><b>Step 3 Evaluation</b>          The good that came out of the event was the family becoming closer together. The bad that came from the event was the kids had to grow up fast, the daughter was bullied, and all the struggles that came with the situation. It was easy to sit back and watch the video. It was hard to think about the situation and how hard it could be. I did not expect the daughter to be bullied for being poor. Kids can be so ruthless. Gaining insight into living with financial struggle went well.</p>	<p><b>Step 6 Action Plan</b>          Overall, I feel the situation is truly upsetting and I feel sympathy for the family. I can draw the conclusion that life isn't easy, and things can change any second. I would not do anything differently. I can use the lessons learned from this event to help patients who struggle financially and provide all the resources I know of to help them. This has taught me that there is times in professional practice that you need to sympathize with patients and understand their situation. This event will further improve my practice by helping me sympathize with patients whose lives are in different situations than mine.</p>