

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 informational video followed three different impoverished families and their daily struggle. The video was more focused on the children and their perspective of the situation. After initially filming these families, the film crew caught up to them five years later to see how their situations had developed.</p>	<p>Step 4 Analysis</p> <p>This video made me realize that families in poverty fall victim to a domino effect. Often, these children grow up hungry. Improper nutrition and lack of transportation can negatively affect your primary and secondary schooling opportunities. A combination of below-average academic achievement and lack of financial opportunity do not make college seem like a realistic option. Children of impoverished families often end up entering the workforce to help their family.</p>
<p>Step 2 Feelings</p> <p>This video made me very sad. Everyone is aware of the issue of poverty in the United States, but not often are we shown what daily life is like for extremely impoverished families. This video really puts things in perspective for the viewer. No matter what you are struggling with mentally, physically, or financially, things could always be worse.</p>	<p>Step 5 Conclusion</p> <p>Unfortunately, poverty is one thing that I believe will always be around. It is a viscous cycle. However, I do think that the continued efforts of places like the Salvation Army and local food banks make a huge difference. I believe more primary and secondary schools should offer free lunch programs and food assistance to students of lower socioeconomic backgrounds.</p>
<p>Step 3 Evaluation</p> <p>I think the video did a good job of appealing to the viewer by focusing primarily on the child's perspective of their socioeconomic background. Unfortunately, I found it difficult not to question the parents' decisions and work ethic. Additionally, I had expected a different outcome from the five-year time gap. I think I had hoped for each family to have a redemption story. It was eye-opening for me to see how hard it is to change your financial circumstances – especially without the opportunity for a proper education.</p>	<p>Step 6 Action Plan</p> <p>I think this video was extremely beneficial. It is important for young people to have eye-opening refreshers on the reality and seriousness of poverty. As future health care officials, it is important for nursing students to be mindful of family circumstances like those shown in the video. I think videos such as this one help to teach compassion and empathy.</p>