

# 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>In the documentary “Poor Kids” they follow around a few families and their struggles with life, money, and jobs through the 2012 recession. The documentary showed kids who are 10 walking the streets canning for money to pay their parents bills, a girl who had to get food from school for the weekend, and a family who has to drive every evening to eat at a shelter. Many of these families could not keep a job due to the economy and so many businesses not being able to stay afloat. Their bills piled up and almost all had to move into different living situations that they are still trying to battle till this day. They go back in 5 years later and while the families are doing better some are living in hotels, parents and grandparents are becoming ill with cancer, and the kids continue to be bullied at school which evidently affects their academic performance.</p>	<p><b>Step 4 Analysis</b></p> <p>One very big issues in this documentary was when one of the moms was going through medical issues. She was diagnosed with ovarian cancer and needed surgery but the place would not take their lowa medicade. This made it to where the mom could not work and had to be out for an additional 2 months. Health care should not be based on a persons ability to pay. I understand workers need to be paid but telling someone with cancer their can not get treatment because they can not afford it is just cruel. Medical emergencies such as this one sends even people in middle class into a hole so thinking about what that does for a low income family is incredibly disheartening. Another woman decided to get her tubes tied because she could not afford another kid not because she did not want one. Financially that’s a very smart decision but no one should have to be cornered by life into doing something with their body that they do not want to.</p>
<p><b>Step 2 Feelings</b></p> <p>This entire documentary made me not only very sad and helpless but also grateful for the things that I do have. These kids are just kids and of course their parents are doing everything they can but they do not get to be just kids. They’re having to help their family in ways I never even had to think about as a kid. I had a stable home and so that was never an extra stressor on my academics but these kids have close to nothing so their education is being plummeted by these issues. It hurts my heart to see people being in such a hole and having to figure out ways to live while being so deep.</p>	<p><b>Step 5 Conclusion</b></p> <p>Truly I do not think anything I would have done would be different. When you are that deep into a situation that deals with no money and living in a society that feeds off of money it can appear there is no light. Our society feeds off of the amount of money you have and if you have none then you are seen as “lazy” when that is not the case in this situation. I think all of these families did what they could with the resources that were provided to them.</p>
<p><b>Step 3 Evaluation</b></p> <p>Nothing in these families life’s were going well for them. The consistency had another obstacle to face and things they were having to worry about. If it was food this week then rent was not going to make the cut. If rent was paid then they would wake up hungry. It is so hard to get out of that constant cycle of being poor when you do not have help. I did not grow up poor but since moving out I have been faced with so many financial issues where I am eating just rice for a week till I feel like I have had enough and get to ask my mom for help. These families do not have the option of consistent help when needed. They are pushed to their limits and that can break a person after awhile. Having that constant let down and feeling of failure weighs heavy on a persons mental especially when they know they are trying to provide for a family.</p>	<p><b>Step 6 Action Plan</b></p> <p>This documentary reminded me that everyone that steps foot into a hospital comes from an entirely different background. I will use this information to make sure I never judge a book by its cover. I will treat every person who lays in that hospital bed with dignity and respect. So many things happen behind closed doors and we have to as nurses remember that. This showed me why advocating for my patients is so amazing and needed. They need those resources that we can provide them with. We can help them in more ways than just their health and I think that is a beautiful thing about nursing. We can be the light these people have not seen in a very long time.</p>

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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.*

Step 1 Description	Step 4 Analysis
Step 2 Feelings	Step 5 Conclusion
Step 3 Evaluation	Step 6 Action Plan

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