

## Covenant School of Nursing Reflective Practice

<p style="text-align: center;"><b><u>Step 1 Description:</u></b></p> <p>One of our last assignments for this module was to watch a video through PBS over poverty. In the video it starts off with kids sharing their different experiences they've had with poverty and how it has affected them and their families emotionally and physically. The second half shows the kids and their families 5 years later and what they have done to better their situation and where they are at now in life.</p>	<p style="text-align: center;"><b><u>Step 4 Analysis:</u></b></p> <p>In the video you see instances of multiple community resources being available to these families (food kitchens, food stamps, shelters, etc.). When I think of this in a healthcare setting, it is our obligation to provide our patients with these resources so that they can get anything essential to them getting better. It is our job to provide compassionate care to these patients, really putting ourselves in their shoes, and treating them how we would hope we would be treated.</p>
<p style="text-align: center;"><b><u>Step 2 Feelings:</u></b></p> <p>Before watching this video, I had no idea what to expect or that it would be sharing the stories of kids and their prospective on living in poverty. Halfway through the video I was bawling... alone... in my bed. I feel like it is all too often that we take the little things for granted and this video humbles you pretty fast. One situation in the video was a little girl having to give her dog to the pound because they could no longer provide care for her. The little girl cried on the table, the mom stood in the corner crying at the pound, and then it cut to the dog in the cage crying and that's when I lost it. Earlier in the video she explained how the dog had really helped her emotionally when she was feeling alone and was there when no one else was, it broke my heart.</p>	<p style="text-align: center;"><b><u>Step 5 Conclusion:</u></b></p> <p>In conclusion, just treat everyone with respect, and really assess the situation before responding. In most situations someone acting out towards you has nothing to do with you, but is actually caused by something else that might be going on in their life. As hard as it is to remain neutral in some situations, it in the end protects both you and your patients. If there's a situation where you don't know what the best option is that will help your patient on the outside, reach out to your team and get resources or even consults that can provide them with options.</p>
<p style="text-align: center;"><b><u>Step 3 Evaluation:</u></b></p> <p>Toward the end of the video when it showed that most of the families were doing better it lifted my spirits, and I was tempted to look up where they are at in their life today. Like I said above, we take little things and BIG things for granted daily that we might think aren't that important but to someone else it means everything. It really makes me sit back and reevaluate how I'm living and how I need to change to make my attitude change to being thankful for all the little things and really taking into consideration how blessed I am.</p>	<p style="text-align: center;"><b><u>Step 6 Action Plan:</u></b></p> <p>I will continue to learn new ways to help my patients that are in these situations to be able to provide them with the best care possible while also taking off the stress of them having to worry about something on the outside when they're trying to heal. I'll really utilize teamwork within the healthcare setting and contact whoever I need to for resources. I will work on assessing my situations first and really thinking before providing my patients with a response so that we can both be on the same place and get them to a place that feel comfortable with.</p>

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