

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>I watched a video about children living in poverty. Watching this video really made me think about all the things that I have that other people don't have. This video portrayed kids when they were like 9 and 10 and then later it showed them when they were teenagers.</p>	<p>Step 4 Analysis</p> <p>The video had like road signs and on the road signs it had different facts about child poverty. One of them talked about poverty and living in a single parent home. That sign really hit me because I grew up in a single parent home. Statistics show that there are all these odds against children that grow up in a single parent home but I know that God has blessed me tremendously and given me a mother who always works hard for me and my sister. Growing up in a single parent home sometimes had its challenges but I could never compare it to the challenges that I have seen in this video.</p>
<p>Step 2 Feelings</p> <p>At the beginning of the video, I was watching and thinking about how I have all these things and these families literally have nothing. They have a house and that was it. No warm water in the house, hardly any food, little to no electricity. This video made me really step back and think about how I could definitely be more grateful for all the things that I have.</p>	<p>Step 5 Conclusion</p> <p>Even though I grew up in a single parent home, I always knew where my next meal was coming from or when I was going to take a shower with hot water. I don't think I could ever understand how the families in the video lived because I have never had to live that way. The families in the video often got their food from shelters or organizations. Most of those organizations get the food from people that donate. When you donate food, it really does go to people that truly need it.</p>
<p>Step 3 Evaluation</p> <p>The one thing that really made me sad was that this one family was having to give their dog to the shelter because they could not afford to keep it. That literally brought tears to my eyes and made me so sad, because I am a huge dog person and cannot live without my dog. It was just heartbreaking because I know that I would have been devastated if I had to give up my dog. Honestly the whole entire video was very sad and there were many important things in it that were more important than the dog but that part of the video was really the saddest part to me.</p>	<p>Step 6 Action Plan</p> <p>Overall, this video was sad. Its heartbreaking to see these people literally not living paycheck to paycheck but living one day to the next. After watching this video, I can remember back to my high school when we had food drives. People would bring cans of food to dress up silly or wear a hat to school. I think that it would be a great idea to do this in nursing school. These families already have enough to worry about and so donating food to give to them would help take a tiny bit a stress away from the thought of where their next meal is coming from.</p>