

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>This video was powerful. I do not have just one thing that happened that I want to reflect on. I want to reflect on the whole picture of how small children understand and wrap their head around being poor. Every single kid in this video mentioned not wanting to be like this for their families and their kids and understanding that they need to graduate and go to college. These kids never once complained. Of course, they wished things could be different and kids wouldn't make fun of them, but they never complained to their parents. One kid that stood out to me was Brittany who was 9 years old. When her mom got pregnant with her little brother, she knew at 9 years old that this was not a good place for a baby to grow up and they wouldn't have the money for a baby. That is sad when a 9-year-old can see that a living situation is not good for a newborn.</p>	<p>Step 4 Analysis</p> <p>So many kids and adults in this world are in this same situation and we don't see it. Seeing this video and how some people are living day to day is hard. Especially when you begin thinking about health care for these families. Kailey's mom in the video has ovarian cancer and can't make it to an appointment because of her insurance. All these families were in the same situation. Never knowing if they were going to eat or pay the bills and if they would have a roof over their heads.</p>
<p>Step 2 Feelings</p> <p>This video had every emotion for me. I was so sad for these kids having to sleep on the ground in hotel rooms and even the salvation army. When Kailey lost her favorite dog because they could not afford to care for him that broke my heart, but Kailey did not complain she understood why. At the end of the video, I was happy for some of these kids. One kid moved away to live with a grandma because he understood that was the only way to better his life and not go down a bad path. Other kids stated how they knew they needed to graduate and get a job so they could do better for their lives and their future families.</p>	<p>Step 5 Conclusion</p> <p>These kids are strong. Like I said before these kids were in some rough situations, but never truly complained. They made the best of their lives and knew what they needed to do in the future to better theirs. Kailey collected cans for money and her brother mowed yards. These kids will be strong individuals if they take their upbringing and use it towards their futures. This video was awesome! You never see this part of peoples lives!</p>
<p>Step 3 Evaluation</p> <p>These kids are strong for the situations they grew up in. Kids can not control how they grow up. They only know what their parents do and provide for them. These kids took these hard moments and I believe grew from them. Johnny had a goal to play football in college. Later in the episode he stated that his lifestyle was going down hill and hanging out with the wrong people and getting arrested, but he changed. He moved out of the situation to his grandmothers to grow and hopefully accomplish his goal of playing football. That takes a grown-up kid to make that decision for his future.</p>	<p>Step 6 Action Plan</p> <p>To never judge a book by a cover. You never know in the hospital what patients have or don't have. It takes us as nurses to get a relationship with our patients and help wherever we can not only for their health but wellbeing. Especially with this pandemic everyone is struggling with work and mainlining jobs. This video was very strong, and I plan to always remember it when I am dealing with patients and even coworkers. You never know what someone else is going through!</p>