

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. personnel / 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 Today I watched the poverty SIM video, about children growing up in poor families. The documentary started off with different kids from different families sharing their experiences and what life was like for them growing up without the necessary funds to have things we take for granted, like food and a roof over their heads. One of the kids had to give away their dog because they did not have enough money to provide the care for it. A different kid talked about how they lost most of their things when they could not pay the storage bill. Another kid spoke on what it was like living in a shelter, going from being well off to barely having anything to eat. Towards the end of the documentary, it shows the same kids later in life as teenagers and in a different place in their lives. Their families had all seemed to make improvement, but still life was not easy. All of them still had dreams and hope for themselves that they could build a better life for themselves in the future.</p>	<p>Step 4 Analysis Research shows that children raised in poor households are more likely to act out at school or go to jail. I noticed that some of the kids either really focused on their school because they knew it would benefit in the future, or others went to jail like one of the kids. The one that went to jail though, had a reality check with himself and decided to pursue his dream of football. I imagine it being hard to focus in school with a constant hunger in your stomach, not getting enough sleep, and being weak from the malnourishment.</p>
<p>Step 2 Feelings I had a heavy feeling in my chest the whole video pretty much because the video was sad to me. Especially because kids are so pure to me, and they kind of had their life prewritten when they were born. Of course, they can make their own lives but it will just be harder. It is like they were already behind before even starting, which is so sad to me. It made me happy when I realized that these kids could remain positive though with everything they have gone through. It made me look at my own life and realize how thankful I am for the life I have been given. I also felt a sense of responsibility when watching the video, it made me wonder what I could do to help those in need.</p>	<p>Step 5 Conclusion From watching this documentary, I have learned a lot about the kid's perspective of growing up with no extra money. I have not lived their life, but I am able to feel for them and feel with them. I learned not to take things for granted in my own life also. I feel like I am invested now, and I want to know what they are doing now.</p>
<p>Step 3 Evaluation I think the video was a little hard to watch, but I still enjoyed it. I have a soft spot for children, especially those who are less fortunate because I have had experiences with them that have been life changing in ways. I think a lot of people tend to ignore anything that is outside of their own lives. The reality of the situation though is that even if you do not think about sad things like this, it is still present and happening. I think this video was a good reality check for me, so I enjoyed watching it.</p>	<p>Step 6 Action Plan I can use things I have learned and realized from this video in my nursing practice and in my everyday life. I personally would love to be a pediatric nurse, so this video helps with being able to empathize with patients I might have that are less fortunate. Providing resources would be the most important thing in my opinion when having a patient that is very poor, if they could even afford the care. This video gave me things I could take away not even just for those less fortunate than me, but also just instilling thankfulness in my everyday life. Also, you never know what someone else is experiencing in their life, so it is important to always treat them with kindness and always have grace in your heart. If you couldn't tell, I am very passionate about this subject, and it makes me want to do more of what I can to help in any way even if it be in a small way.</p>