

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>Knowing how poverty can affect an individual's overall status is saddening. The video showed three families struggling with poverty and how it affected their lives. The video focused more on kids, and it was sad to see their living conditions and hear their difficulties when they couldn't afford food and necessities.</p> <p>Poverty is one of the significant issues in our society. Unfortunately, it's been increasing and impacting mostly negatively to our young population. In the video, the kids dropped out of high school, got bullied, got jailed, and so on. Thus, I firmly believe that these problems could have been preventable if they were brought up in good living conditions where they don't have to worry about the food they will eat, the place they will live, and the dreams they want to achieve.</p>	<p>Step 4 Analysis</p> <p>Financial is one barrier that prevents poverty families from getting the medical treatment they need. In the video, one of the mothers had cervical cancer and could not receive surgery because her insurance was not eligible for it. I felt unfair for her and believed she did not deserve it. Having cancer is already disturbed her and her family negatively, and now she could not receive the treatment she needed is just terrible. I can't imagine being in her situation, and I feel that she needs to get her surgery as soon as possible.</p>
<p>Step 2 Feelings</p> <p>I was sad and sorry that the kids had to go through this miserable situation throughout the video. At the same time, I was amazed how poverty would be this serious. The video brought awareness of poverty, and it made me think that I need to take this seriously and do something about it. At the end of the video, I felt some sense of relief because some of the kids became adults, and they were helping their families financially, so it was good to see the family overcoming poverty together.</p>	<p>Step 5 Conclusion</p> <p>As a student nurse, I could improve the situation by donating, volunteering, and bringing awareness about poverty. I think others could make the situation better if they also participate in the event I listed above. The most important thing that I can learn from this event is that poverty is real, and I must do anything within my power to help them.</p>
<p>Step 3 Evaluation</p> <p>The good thing about the video was that it brought awareness to all of us about how poverty is severe and how it affects the lives of families, kids, and individuals. The bad thing was seeing their struggles. For example, one of the kids said that the thing that made her mad was knowing they couldn't afford to buy her favorite food, Chinese food. I was sad when I heard it because she was going through a growth spurt, and she was thoughtful and understanding of her parents' financial situations.</p>	<p>Step 6 Action Plan</p> <p>It was terrifying to see the kids have to go through poverty. It must have been extremely hard for them since they are just kids who want to be happy and not have to worry about anything. The conclusion that I can draw from this video is that poverty is real and affects our young population unfavorably. Kids are the future of our nation. They must receive education, food, a place to live, and other necessities that promote their overall wellness to grow up well and contribute positively to society.</p>