

Covenant School of Nursing Reflective Practice



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. <u>Remember to 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' perspectives?
<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>Today I watched the short film on children in poverty. The video was very sad, eye opening and interesting. I loved that they were able to interview the same kids five years later, this allowed the audience to see how much can change in just a few years. I found it interesting that this documentary was based on the children's perspectives only. I think we could all relate to an adults in poverty, but for me I never realized the depth to the kids point of views. The kids were very educated on the situation they were in and they definitely provided great insight on what they go through.</p>	<p>Step 4 Analysis</p> <p>Throughout school, I have never really learned about poverty and the awful truth about it. After this video, it made me realize it can literally happen to anyone. One girl stated "you might be poor in the next few months," talking to a camera man. This little girl was 10 years old and the truth of that sentence is almost unbearable to think about. Everything we have today, is not promised tomorrow. After hearing that, I will definitely become overly grateful for everything I have now and never take it for granted.</p>
<p>Step 2 Feelings</p> <p>Obviously, the video made me very sad. I have always had sympathy for the people in poverty, but a children's experience just pulls at the heart strings. I will say I was surprised at how fast poverty can occur. For most of the families, they lived a very stable life until one day they lost their job. Once they were unemployed, it was gut wrenching to hear about how they lost their homes within a few months. It was also amazing to see one family, who lived in a poverty home, still prioritized school and manners. I know the parents are stressed out all the time and depressed about their situation, but seeing them take the time to focus on their kids and raising them perfectly really shows you how unfair this world is.</p>	<p>Step 5 Conclusion</p> <p>The video itself was really great and every person interviewed made an impact. At some points, it did become difficult to watch, but I am very glad I was able to view it and understand a side of the world I have not learned about. I do think I will always remember this video and use it to better myself as a nurse. I know not every patient will have the resources to care for themselves and pay for their care. I now can make that a priority in my care and do everything I can to help these patients out.</p>
<p>Step 3 Evaluation</p> <p>I was impressed by the school program called "nutrition club." This "club" would give the students in poverty food to take home for the weekend. It was very smart to have a code name for it so the kids are still able to keep their personal life to themselves. Every single one of the kids interviewed were very mature for their age. It was shocking to see a 10 year old talk about her families situation, but it was also very sad to see these kids so young and so stressed out already. I enjoyed seeing the kids 5 years later, every family stated that they are doing better and I am very hopeful that they are doing even better now.</p>	<p>Step 6 Action Plan</p> <p>After watching this film, the only thing I could think about was how important canned food drives are. I always would participate during these events when we would have them at school, but this video really showed how far those cans go. One little girl specifically was talking about how canned vegetables is usually the only thing to eat around her house. I can not imagine what she would do if her family did not have access to the canned foods. I will definitely be putting in more effort to canned food drives and really understanding how essential this simple food is.</p>