

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>Watching this poverty video was a little difficult for me. I know what it is like to grow up poor and watch my mom struggle to give us food and shelter. My mother was married and started to have children when she was only 15 years old. She did not graduate high school but did go back and get her GED. After she got her GED she then became a CNA. My father did graduate high school and had jobs here and there. Growing up I witnessed my father physically abuse my mother and then my mother one day stabbed my father in the arm and that was the end of their relationship. When my father left my mom had many boy friends and many jobs. We would sometimes have our own house and sometimes we would have to go live with my mothers' friends or back with my grandma. Soon after my mom found my stepfather and he would help my mom with bills. He was not a nice person. He would hide food from us and he would tell his children to call us names. I remember him picking on us when we were young but my mom was stuck with this man because she could not afford to take care of all four of her children with only 8 dollars an hr as a CNA.</p>	<p>Step 4 Analysis</p> <p>I met my husband when we were 12 years old. We both grew up poor. He grew up having to take care of himself. He would have to find ways to make money at a young age and at times he would even have to pay some bills to help out his parents. Growing up poor was not our choice, but it humbled me and my husband. We saw a world where others do not even image.</p>
<p>Step 2 Feelings</p> <p>I grew up with a lot of anger and I just wanted to get out of my house. I moved out when I was 16 with a man that was 21 at the time. I felt like this was my escape from being a "burden" to my mom. I know it was hard for her, but I would blame her a lot because she did not get an education. We also grew up with kids that were also poor like me but when I got to high school, I joined the volleyball team and there were so many rich white girls with their own car, and they had amazing expensive volleyball shoes. I would look at them and just imagine I was living that life. These girls did not know how good they had it. Their house was so big, and they would have their own rooms. I had to sleep on the floor sometimes with my mom and siblings, and the floor was so hard with out carpet and it was peeling up.</p>	<p>Step 5 Conclusion</p> <p>Making our situation better for our children is a dream for me and my husband. We have 5 children and we have had rough times even during in school. We have had times where we do not have food recently but we make it work. It pushes us to keep trying and it also motivates us both to keep going after our dreams. My husband worked in warehouses and then joined the oil field. After he was let go of the oil field we decided that to better our future he would have to get his CDL license. I am so proud of him. Now our goal is for him to start his business after I graduate. We don't want to be rich but it would be nice not worrying about paying the light bill and not having enough money for our car insurance.</p>
<p>Step 3 Evaluation</p> <p>I think growing up poor could be a good thing and it could be a bad thing. The good part about seeing this life is trying harder than your parents and being motivated to make your life different. The bad thing about growing up poor would be that sometimes you just want to give up. When you are young you just wonder why life is so hard. You start to put yourself in the victim position and that can harm you as an adult. Also being poor and going to a poor school is so stressful for a young child. I started to hang around the wrong crowd. I began to do drugs and drink so much and I just did not care what happen to me. My whole life everyone would tell me that I was stupid, and I would just have kids and take care of my husband. So now that I am in nursing school, I struggle a lot with confidence. Its hard to make those feeling go away.</p>	<p>Step 6 Action Plan</p> <p>In nursing school I notice a lot of young students who have no compassion in clinicals. They ask questions like; why doesn't that patient have a ride home, or why didn't the patient just take their medications? I see it a different way. A lot of our patients can not work due to chronic illness or they have to pay their rent and can not afford their medicine. I know what it is like to be in that situation and I know how hard it is. Some students grew up not having to work for anything. I don't blame these students because that is how I want to provide for my children, but growing up poor has made me the person I am today. It made me a hard worker dedicated to helping others who can not help themselves. Working as a nurse means more to me then just job security. I am the only one in my family that is pursing further education and from showing my children especially my daughters this they also want to become nurses. I want them to be able to support themselves with our a man and I want them to enjoy the world with out having to worry about having children at a young age. Being poor has its pros and cons. I am not ashamed of how I grew up but just because I grew up poor does not mean that is who I have to be as an adult. I am humble and I love people.</p>