

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</p> <p>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</p> <p>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?

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Step 3 Evaluation

- 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?

Step 6 Action Plan

- 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.

Step 1 Description

The poverty sim video was about three different families in the United States that lived in poverty in 2012 and then it showed where they were at financially in 2017. It mainly focused on the children of the families and how it affected them and how they deal with life. One family lived in a small house, the other in a homeless shelter and the last family in a motel.

Step 4 Analysis

I think from my own struggles in my past, I would tell them to never give up. Tomorrow is a new day. If they continue to work hard and put their priorities in order things will turn around. As a parent I know that we always want to make our children happy but i did see that they had dogs, Jordan's on, wifi/cable. Sometimes we have to sacrifice wants for needs. I would also encourage the children to go to school and do good so that they can provide a better life for themselves and their future family. Learn from their parents mistakes and struggles.

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<p>Step 2 Feelings</p> <p>Watching the video made me feel sad and grateful at the same time. It made me feel said because children should not have to worry about how they are going to eat, where they are going to live or how the bills are going to get paid. It made me feel grateful that as a parent I am able to provide a decent life for my children. It also made me happy that even though the families weren't where they wanted to be, for the most part they were doing okay. The part that hit me the most was when the young girl said she didn't want to turn out like her mom when she gets older.</p>	<p>Step 5 Conclusion</p> <p>In conclusion, us as Americans can come together to make America better for our children. For those that are blessed to have more than enough so help those that are less fortunate. You never know what tomorrow holds and just because you are doing good today doesn't mean you will be doing good tomorrow. Help when you can help because you never know if you might need help one day.</p>
<p>Step 3 Evaluation</p> <p>I think this video was good in that it shows just how bad it is in our own country. For our country to be as wealthy as it is, we should not have so many homeless people, especially children. I think that when it showed where the families where at in 2017 financially, I though they would have been doing better than they were.</p>	<p>Step 6 Action Plan</p> <p>Overall it was a good film and was enlightening to see how bad some children really have it. It is sad that in America money is everything, even more than a human life. I definitely know that I could help the less fortunate more than I do.</p>