

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. 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</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?
<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?

Covenant School of Nursing Reflective

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> <ul style="list-style-type: none"> Poverty can really change a person's perspective and values. It is physically and mentally straining especially as parents knowing your child will have limited education due to financial struggles. The video example showed the life before and after 5 years although, I think some have improved and got a job to help the family others have dropped out from school. 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> The parents tried so hard to overcome the issue and applied for different jobs or moved from places to places just to find a decent job. As a result, they never had time with their kids but then again, they never had the choice given in their situation. One of the parents worked so hard and is diagnosed with cancer. Although I know it can be genetic but if she wasn't so stressed about working, her health can be managed well.
<p>Step 2 Feelings</p> <ul style="list-style-type: none"> It was depressing to see families affected by poverty, one of them said "you never know the value of things until you lose it". The devastating thought of not knowing if they can stay longer in their house because they can't pay the bills. Hunger is also the greatest problem in these situations. Kids were waiting in line to get their own food and it is limited. I'm glad school was able to help with a little lunch pack that hopefully could last for a week. 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> These kids can easily follow the wrong crowd or no motivation in life without proper parenting. Others used gaming, arts or school as way to escape from reality. They struggled from being embarrassed and bullied from other kids. One of them went to jail and realized he has fallen of the wrong course in life. He decided to move out of his parents' house, got a decent job and live with his grandma.
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> The result of their financial struggles cost some of the children's demise others strived hard to help their parents. One of the kids is so passionate in playing football which helped him to move on forward even though he encountered some addiction issues. Others took education as a priority of means to get out from their situation but some had given up because they think if they further their education and get into a bad job and afraid they would end up like their parents. 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> The importance of community, especially like shelters where homeless people can be helped. Parents are exhausted from working so hard. They need at least some time off and let their kids live off from their parents' house for a few days. Importance of stretching out education to the kids as a priority to be able to find decent jobs, they can also apply for a loan if needed.