



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?

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>During the poverty video, I felt very sad. It was sad seeing kids describe how their families were so poor and had nothing but were still surviving. It was upsetting and sad knowing that they were hungry and had to eat whatever was available. The different families all had their own problems but the same mindset, which was to survive and make it through the day.</p>	<p>Step 4 Analysis</p> <p>It is humbling knowing that I am able to provide for my family when others struggle. I personally struggle from time to time but I do know that I have a backup plan if ends do not meet. To my understanding, some of the parents did not finish school which is one of the problems that got them to where they are now. Education is important, in my opinion, to have a steady income. I do believe that there are other ways to make money, but education is a start.</p>
<p>Step 2 Feelings</p> <p>I feel grateful to live the life that I am living and to be able to provide for my family. I know that I take things for granted and after watching that video, I am so so grateful of the things that I have. Some kids did not even have TV and had no other choice but to thrift shop for clothes. Others had to eat cold canned foods to survive. The feelings I have are grateful, sad, and shameful. Shameful because of how ungrateful I can be with all the things that I have.</p>	<p>Step 5 Conclusion</p> <p>Some of the sayings the kids would say is “ Your life could change in a blink of an eye. One day you have it all and the next day its gone.”. This saying is very true. When I went thru a separation, I was left with nothing. I moved in with my family and had to start from the bottom. I knew I had a kid to provide for so I did everything I could to provide for him and to not let him struggle like we did when I was growing up.</p>
<p>Step 3 Evaluation</p> <p>Getting to where I am today is because of the support, mindset, and strive that I have. The people in the video did not have much support. They were living day to day in hopes of having ends meet for their families. This is not how I want to be or nor do I want my kid to struggle. He deserves the best and I will do whatever I can to make it happen.</p>	<p>Step 6 Action Plan\</p> <p>I am grateful to be in Nursing school and to have the education that I have today. Without that, I do not believe that I would be where I am today. I have a job, home, car, food, and money to provide for my son and I. Grateful and blessed is an understatement. I will continue to work for my son so that he does not struggle and it is a fear of mine to not be able to pay for school items or food when he is in need.</p>