

## 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><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

## 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><b>Step 1 Description</b></p> <p>Poor Kids is a movie that demonstrates a couple of households that grow up poor. There is Kaylie and Tyler, whom are brother and sister. They live with their single mom who is in school now and barely making enough to cover bills. Then there is Brittany and Roger who are brother and sister as well. Their dad gets laid off and they become poor. The mom becomes pregnant in the show and ends up having to tie her tubes because finances won't allow more babies. The last family starred Johnny and Jasmine, but they had other siblings as well. Their dad worked 2 hours away and had to drive to work every day with the wife and kids because they were too young to be left in the shelter alone. Then the movie shows the families five years later to see where the kids are now.</p>	<p><b>Step 4 Analysis</b></p> <p>I can take away from this film what it may be like for some families to even afford healthcare. We see how the mom that got cancer couldn't even get an appointment. This reflects in many other ways in their lives. It helps put in perspective the things to be grateful for and to not sweat the small stuff. It also shows how if you are given an opportunity, it is important to take every chance because some never get one.</p>
<p><b>Step 2 Feelings</b></p> <p>In the beginning I could see how hard it was on the kids. Kaylie really struggled with being poor and thinking through what the rest of her life would be like. Brittany made you think about what it would be like if the tables were flipped and one day you became poor. Kaylie had to sell her dog which made it so much harder as a viewer to watch. Johnny moved in with his grandma and you could see how jail made him realize he was slipping. Seeing the kids at the low and seeing them at better made you realize it doesn't take much to help someone out or to even just listen to those who are less fortunate. It really got to me when Jasmine talked about how it was embarrassing to be in a home. You see the parents trying to make ends meet and keep the kids happy, but it doesn't change how people treat them outside of the home just because they can't afford things.</p>	<p><b>Step 5 Conclusion</b></p> <p>As an individual you can make their situation better by just listening. It is important to raise your kids to not look at material things and focus more on relational and just being there for someone. Kaylie and Tyler had a mom that had to be put on antidepressants because she felt trapped. So instead of judging someone on appearance we should look deeper into that person's story and find ways to make their lives a little easier.</p>
<p><b>Step 3 Evaluation</b></p> <p>Seeing what a household looks like at their low point puts things in perspective for some who are stressing the things they do not matter. I see how the kids took the best of what they had and most say they want to be able to raise a family in a house where they can provide and not have to make the kids starve for some meals or wonder when different bills don't get paid. I think Johnny going to jail helped him realize how his attitude affects his well-being as well. Overall, I feel like the families made a big difference in the five-year span.</p>	<p><b>Step 6 Action Plan</b></p> <p>I have learned why it is so important to not only be a patient advocate but to also get your patient's story. When you don't know the whole picture, you miss some of the important details that you need to help someone. To think of a household to be poor helps me to start seeing the brighter side of life and stressors instead of seeing the things I want to change. I pray that in the future of my career I can help turn someone's day around or just make a difference for someone even if it's small.</p>