

Covenant School of Nursing Reflective Practice



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. <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 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>The video was about different families that were in a poverty situation. Some families would have to move into motels and stay the night, others would often drive back and forth to pick one another up, and one would have to make the painful decision to giving away there dog. There were a lot of different age groups for the kids so it was insightful to seeing how they thought of their situation, but as well as seeing the parents mind set.</p>	<p>Step 4 Analysis</p> <p>It was good to see this since we are going to be going into kids next module, this over all helped see the way kids reacts to things. This will be helpful since there are different ways you explain and teach things to kids. It was very eye opening on how really good we have things. Having to worry about such little things we don't think twice about is humbling.</p>
<p>Step 2 Feelings</p> <p>I felt pretty upset watching all the different families and their situations. In the middle of it I started to feel guilty. I feel as if at times I start to take advantage of my every day accommodations. Being able to drive anywhere without having the worry of where I am going to stay non the less when having kids. Seeing the kids always make the best of things was very brave of them.</p>	<p>Step 5 Conclusion</p> <p>I learned a lot from watching this poverty video. I learned on how kids react differently to environment, as well as how they grow a lot of personal traits from their environment. Little kids would always make the best of things and let their imagination run wild, while older adolescents to teenagers would have low expectations in life. It was eye opening to see how it had many affects from the parents to the kids.</p>
<p>Step 3 Evaluation</p> <p>It was good to see the different views of all the kids. From being five to all the way being a teenager. I thought that was pretty good since we got to see how they reacted to news, and at many times the younger kids were always making the best of it. Many of the teenagers would be confined to what they have been through over the years.</p>	<p>Step 6 Action Plan</p> <p>I will try to be more grateful in situations I don't want to be in. I overall drew from this video was a lot of psychology. I can apply this into my everyday life to not judge a book by its cover. In the hospital if families were worrying about the cost to make sure they know that they know there are many opportunities to get and to let social work know.</p>