

# 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. <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"> <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 <i>eg. personal / patients / colleagues?</i></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>

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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><b>Step 1 Description</b></p> <p>As one of the assignments that we have to do is to watch a video about kids living in poverty. The video take place in 2012 and it show the life of family with kids that is living in poverty. My role is to watch the video and document what happen in the video.</p>	<p><b>Step 4 Analysis</b></p> <p>During this video, I realize that there are a lot of problem arise such as the cost of everything going up and it make it harder for the people that is already struggling to keep up. In the video, I see that everyone can not afford food, struggling to find a job. Different perspective really play a big role in this because the kids don't want other too see their situation because they are afraid that they will be made fun of and that really affect their mentals health.</p>
<p><b>Step 2 Feelings</b></p> <p>My feeling at the beginning was not sad because I did not think it was going to be that bad. The action of the parents and the kids really surprise me and made me sad because compare to the other kids of the same age group, they seem much more mature because of the situation that they are living in. Toward the end of the video, I was feeling less sad than the beginning because their life got a little better.</p>	<p><b>Step 5 Conclusion</b></p> <p>I don't think the people in the video could have improve the situation because it's not their fault that they are losing the jobs, and I think with hard work they will get out of that situation. I think what could have done differently was they could go and find a group/community that could assist them dealing with the situation. After watching the video, I learn that not everyone could afford basic need such as food, water, housing.</p>
<p><b>Step 3 Evaluation</b></p> <p>What was good about this video is at the end after 5 years, their life was not as struggling as it was. I think what was bad is the people in the video could not afford basic needs such as housing, medication, hygiene. What I think the people in the video have done really good is keeping their hope and believe in themselves because if you don't believe in yourself, you will stay in the same place and not moving toward. I did not expect a different outcome because I believe that life will eventually get better.</p>	<p><b>Step 6 Action Plan</b></p> <p>What I can learn and use in the future is I should ask if the patient have the basic needs because I learned that not everyone have basics needs that can help with their help such as running clean water, food or electricity in the house. I can help my patient by finding resources that can help with their situation or call the social worker to assist them. What this video have taught me is to keep my hope up and keep working hard to achieve my goal.</p>