

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 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. personnel / 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?

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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 documentary was originally set in 2012 following several families. The children of each family spoke on their daily lives and the struggles that they face each day. The families struggle with paying bills, what their next meal will be or where it will come from. A couple of the families were homeless and the other was on the verge of losing their home. The documentary followed up with the families five years later in 2017. Each family was in a better situation than the previous recording.</p>	<p>Step 4 Analysis</p> <p>This video helped to teach me that gathering a good history and background about where others come from, can play such a vital role on helping them. Knowing their background can help with providing resources and ways to help them. In this documentary providing food, utility/bill assistance, and clothing resources could help ease some of the stress amongst the families.</p>
<p>Step 2 Feelings</p> <p>The documentary had me feeling a mix of emotions. The biggest emotion was sadness for the families. Little things that those more fortunate do not even think of these families are very appreciative to receive. One of the little girls stated that she wished they weren't poor so they could eat Chinese food, but their normal meal consists of eating canned vegetables from the can. The documentary had me feeling that I want to be able to help those families in any way possible.</p>	<p>Step 5 Conclusion</p> <p>The conclusion of the movie was that all families were in better living conditions than previously. As I watched the movies, I could not help but wonder if there were extended family members who could have helped in any way. Did the families seek out resources to help with their hardships or did they know that there are resources for that? Perhaps knowing about resources could have helped lessen the stress load. The teamwork that the children and parents used to improve the conditions was admirable.</p>
<p>Step 3 Evaluation</p> <p>Seeing that the families were all in better living conditions on the updates was the positive to this documentary. I did not expect them all to be in better situations with how much they were struggling. Another positive thing was how selfless the older children were and how they helped their parents with income. It was hard to watch how much the children were going through and how strong they were to deal with their living situations.</p>	<p>Step 6 Action Plan</p> <p>My takeaway from the documentary is to appreciate all my blessings and the things that are often taken for granted such as being able to eat when I am hungry and what I would like to eat. I am thankful for having a good, stable job to be able to provide for my children. Not only does it allow me to get them their necessities but also their wants. I have also taken from this video to listen and understand where others may be coming from.</p>