



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 (e.g. 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?

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>In the childhood poverty video, Brittany, Kailey, Jasmine, and Johnathan were videoed in their everyday life in 2012. While they were spread across the United States, their stories were all fairly similar as children living in poverty. The four kids were all subject to their parent's jobs and financial planning and, unfortunately, were all living below the poverty line.</p>	<p>Step 4 Analysis</p> <p>I think that something I can apply from here on out is a change in perspective. What I think is necessary to my everyday life may be a luxury to others and I think that a mentality like that can help me be a better nurse, especially since I would like to be a pediatric nurse in the future. It is also important to recognize that not all experiences are the same. While one family was living in a shelter, another was living in a home however, they were both in poverty and both families felt the extent of their living situation. It just shows that experiences can be different but, feelings can be the same. A broader issue that I think arose from this video is the lack of financial planning that is taught in schools. Children who grow up in poverty are not taught how to manage money so, the cycle continues. I believe that by raising awareness to how many children grow up in poverty, society can start making changes such as, financial planning in schools.</p>
<p>Step 2 Feelings</p> <p>In the beginning, I was unaware of what living in poverty looked like for a lot of people simply because I have been blessed to not be raised in that environment. As the video progressed though, I watched Kailey give up her dog, Johnathan postpone playing football, and Brittany live without internet all because there were not enough funds. Each kid talked about going hungry some nights and the sacrifices that they had to make, and it really changed my idea of what poverty was. I was glad to see that the children in the video all had future aspirations of jobs and college and the determination to achieve it. The most important emotion that I felt throughout the entire video was guilt. I have complained about minor inconveniences like not getting the toys that I wanted when I was kid or clothes that I wanted in middle school but, after watching the video, I realized that I was incredibly lucky to grow up with the life that I did.</p>	<p>Step 5 Conclusion</p> <p>In conclusion, I think that this video was a heartbreaking story about four children and their families but, reflects the lives of millions of Americans. Poverty is an epidemic in America but, it goes not talked about and is Through this video, I learned that poverty is something that is not talked about nearly enough and is, instead, swept under the rug. I have also learned to change my perspective on what I thought poverty was and to instead not take everything for granted.</p>
<p>Step 3 Evaluation</p> <p>Something that I think was good about watching the poverty video for me personally was a perspective shift. I knew there was poverty but, I never thought about it from a child's perspective. My mom grew up in poverty and did an incredible job of shielding her children from every having to think about a life like that but, I think in a way it did us a disservice. I think that my siblings and I have grown up very fortunate however, I also think that it's a good thing to know and understand what poverty looks like during childhood so that you can be there to offer help at school or even to simply understand behaviors and personalities of your peers that may have grown up below the poverty line. I think that I expected the video to end with the families in homes and doing well financially but, some of the families were still striving for a life where they were not constantly worried about being homeless. I think that this expectation further reflects my needed perspective shift.</p>	<p>Step 6 Action Plan</p> <p>Something that I think could be done to help children in poverty is financial planning in school. In school we are taught how the economy works in terms of supply and demand but, we are never taught how to manage money. I think that implementing some sort of financial planning class across American schools can help break the cycle. I also think that encouraging trade jobs and craftsmanship can help inspire children who do not believe college is the right choice for them. Programs can and should be put in place to help kids learn skills while in school that can help them get started in a career after graduation instead of just pushing the idea of college.</p>