



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.

**Step 1 Description**

A description of the incident, with relevant details. Remember to maintain patient confidentiality. 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

- 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?

**Step 4 Analysis**

- 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)?

**Step 2 Feelings**

Don't move on to analyzing these yet, simply describe them.

- 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?

**Step 5 Conclusion**

- 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?

**Step 3 Evaluation**

- 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?

**Step 6 Action Plan**

- 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>The narrative of the video is based off three families who are living in poverty. The families were interviewed in their home to show their daily struggles of living. The parents express their struggles and tough living situations alongside with their children in hopes we understand the day to day living. When I was watching this video, I was in my house and didn't realize that I take the little things such as shelter and food for granted. This video is an older video, but it continues to be a problem as of today.</p>	<p>Step 4 Analysis</p> <p>Watching the video and seeing their situations, I can apply my knowledge throughout nursing school and give people these extra resources and point in them in the right direction. I saw one family in the salvation army and another mom who was about to lose her house. Does she understand that there are options for her like salvation army and housing that she can investigate? I know she is worried about daycare and finding a good one for her daughter, but does she know are their daycares for single working moms? This where I can help.</p>
<p>Step 2 Feelings</p> <p>It made me feel sad that they are so young, and they must worry about things such as food and shelter at a young age. In the beginning of the video, it started off with the interviews and they gave us insight into these children's homes. The most important emotion I felt was empathy. This is the most important feeling because if I ever have a patient who states they are struggling this video gives me some insight as to what they are going through at home.</p>	<p>Step 5 Conclusion</p> <p>If these people were under my care in the hospital. I would try to make their situations better by making sure they have everything they needed before being discharged. I would create a safe space for the parents and children to tell me all concerns that are currently worrying them. I would hope that others do the same to try to better their situation. Some people just need help, and we need to make sure that they know, that is okay to ask for help. I have learned that not everyone has the knowledge of resources that are available.</p>
<p>Step 3 Evaluation</p> <p>I did not see any good out of the event. This was a difficult short film to watch because I don't like seeing other people struggle, not only financially but mentally as well. I expected there to be a different outcome because I want everyone to have a good ending. I wish they would have shown the kids grown up and doing something good for themselves. Something that went wrong during the video was when one of the kid's moms lost her house.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think this is a difficult topic to bring up. Nobody ever wants to admit they are struggling with bills and not eating right. It is important for us as nurses to make sure they know all resources to make sure they are getting the correct nutrition requirements. This has taught me that nursing is a professional practice. We must be professional and empathetic. It taught me that there are people out there who are struggling with everyday life problems that I take for granted. I will do my best to do what I can for anyone and everyone in my care.</p>