



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. 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"> <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  <small>eg. personnel / patients / colleagues?</small></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>

<b>Step 3 Evaluation</b> <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>	<b>Step 6 Action Plan</b> <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>What happened in "Poor Kids" was a group of children and their families were interviewed through 2012 and followed up with in 2017 regarding their life and struggles of growing up poor. Who was involved was FRONTLINE reporters and various children and their families. The role I played was the viewer while others were the participants in the study. The result was that those interviewed were still struggling with money issues 5 years later in 2017.</p>	<p><b>Step 4 Analysis</b></p> <p>I can apply my knowledge of health to this situation, and how if they do not have money it is likely they are not receiving the proper medical care and nutrition they require to live successfully and healthfully. A broader issue that arises from this event is that if they cannot afford basic needs, then when they are sick, they most likely will not see proper medical treatment or nutritional needs are not being met. What sense I can make from this video is that there needs to be more resources and education provided to low-income families so that they can receive what they need to live healthy and properly. Other people's experiences in the interview were very similar in important ways whether it was how they were living, how they ended up in that situation, or how they felt mentally/emotionally. The impact of different perspectives on this subject is very important because some people may be uneducated that this is going on, whereas others may have solutions to help fix these issues, and with the collaboration of everyone, awareness and education gets advertised on a broader spectrum.</p>
<p><b>Step 2 Feelings</b></p> <p>In the beginning, I was feeling very sad. At the time, I felt that it was a shame the children were living in the situations they were due to no fault of their own. The words said by the children regarding their situation and experiences as well as the actions they took to help provide for themselves made me think of how blessed I am, but also how these issues need to have a solution. The final outcome of the children in 2017, still made me feel heartbroken for their situation not getting resolved and that there has to be a way to change it. The most important feeling I had regarding the incident was sadness. This is the most important feeling to me, because I think it's important to care and have empathy for those in all social classes, especially those who cannot provide for themselves and are dependent on others.</p>	<p><b>Step 5 Conclusion</b></p> <p>As a healthcare provider, I could have made the situation better by finding ways and recourses to direct them to or a case manager to help them get the recourses and help they need. Others could have made the situation better by providing similar education. I do not think there is anything I could have done differently since I was not physically there. What I have learned from this event is to not assume, be more empathetic, and to look into recourses to help low income families receive the help they need so that when I experience this in the work place I am able to be the best patient advocate and educator I can be to help them.</p>
<p><b>Step 3 Evaluation</b></p> <p>What was good about the event was that without this documentary interview, many people would have little to no understanding of what a majority of our population and children go through. I did not find anything bad about this interview, instead I found it beneficial to bring light on this subject. What was difficult was having to watch from beginning to end, because of how sad it was to see how difficult a lot of people have it in America. What went well was how they let the interviewers tell their side of the story without altering the reality of it. I think everyone apart of "Poor Kids" did very well in being straight forward and honest on how serious and prevalent this issue is. I expected a different outcome for the children in 2017, because I assumed that maybe there were recourses out there that gave them a chance for a better outcome. I contributed by watching the video, and gaining more empathy for those who struggle with these issues.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think overall, the poverty situation needs to have a solution. A conclusion I drew was that these people weren't lazy and looking for handouts, they were everyday people who fell on hard times and could not make ends meet despite working and picking up extra jobs. I justify this conclusion from listening to the interviewer's stories and seeing first-hand in the video what they do on a daily basis to provide for themselves and their families. The lessons I learned from this event can prepare me in the health are setting in the future by looking up resources or programs to resort them to, to help themselves obtain the necessities and help they need. This has taught me that in order to practice professionally and effectively, I need to be educated on these issues so that when I take care of patients in poverty, I can be the best advocate and educator by teaching them how to care for themselves within their abilities. I will use this video experience to further improve my practice in the future by being more empathetic to every social status individual, not assume I know why they are in the position they are in, and finding way to better help their situation.</p>

