



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 (e.g. personnel / patients / colleagues)?</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>

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>I watched the "Poor kids" poverty simulation video. This video followed 3 different families over the course of 5 years. Each families situation was different that put them into poverty. I personally worked as a case manager at a family homeless shelter so this video really pulled my heart strings. Because I worked with homeless families, I have a different perspective on family homelessness. As you can see throughout the video, sometimes, it just takes one set back to put the family completely out and in a position of poverty.</p>	<p><b>Step 4 Analysis</b></p> <p>I don't feel that there is just one root cause or analysis for poverty amongst families. No amount of literature will adequately describe what these families go through and how hard some of them work to try and get themselves out of poverty. Experiencing family poverty/homelessness from a case manager stand point really changed my perspective on homelessness in general but also family homelessness. A lot of families don't have enough money to put aside a healthy savings so if one thing goes wrong, then they can very literally lose everything. With inflation going so high up at the moment, rent increasing, etc. it can make families like those shown in the video, who are borderline homeless, completely homeless in the blink of an eye.</p>
<p><b>Step 2 Feelings</b></p> <p>Watching the video made me feel sad in the beginning and it made me think of the previous families I have helped. Seeing it from the kids perspectives over the course of 5 years is particularly tough. As a single mom, I try my hardest to give my son the best life he can have so seeing a single mom with 2 kids just trying to survive was really close to home. The final outcome for some of the families made me hopeful and emotional. I think the most important feeling I had throughout this video was just heartache and sadness for the families. Seeing the parents try their best and also seeing the kids narrate that they know their parents are just trying was a really sad feeling.</p>	<p><b>Step 5 Conclusion</b></p> <p>It was really moving to see the kids from each family try to step up and help the parents provide. There are so many state resources available and the video touched on a few of them. I think others can help contribute to family homelessness by volunteering or donating clothes/food/etc. to shelters. Also, being educated on family homelessness and realizing that it is not always a choice for these families is so important. Understanding that helps us provide compassion and support to those families that are experiencing this.</p>
<p><b>Step 3 Evaluation</b></p> <p>What was good about the video is that they did a 5 year follow up on each of the families. What was bad, and also difficult to watch, was seeing the kids go through it and seeing them feel like they were responsible for helping their parents. I expected a different outcome for the family that was living in the shelter, but only because I have personal experience working in the family shelters. My case manager heart was sad to see them still struggling after 5 years but I also know that sometimes familial poverty can cycle through generations.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, I think that family homelessness and poverty has a large stigma around it and it can be easy to judge those experiencing it. This has taught me that even as a professional, it's important to always lead with compassion. I think it's fantastic that the instructors in module 4 have chosen this video to show to my classmates because when you don't have first-hand experience, whether that be as a case manager, volunteer, or even the family experiencing homelessness, it can be incredibly difficult to understand what the parents and children go through. This video was from the kids perspective and it definitely made me miss working with these families and providing that support system to them. I do feel that having this reminder will help me to improve my practice in the future and continue to provide me with a unique perspective on this clientele.</p>