



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 a documentary on children living in poverty and their day to day living situation. All the challenges and struggles that come with living in poverty. There were 3 families that they were following two of them were a family of four and the other was a single mom with two kids. You can see the pain in the children's eyes when they were talking about losing all their stuff and having to move to a smaller home. When one little girl was talking about how they did not have any hot running water and she had to take cold showers. I thought back to when I was living in poverty and how skipping meals was a normal routine. In fact, I would be excited for school because I was at least guaranteed a breakfast and lunch.</p>	<p><b>Step 4 Analysis</b></p> <p>I would try to find more community resources, like one of the families were living in a shelter. I think that would be good for all the families to try to do because it helps relieve some of their costs. Allowing them an opportunity to pick themselves back up and trying to get back on their feet. I think a huge issue with children in poverty are the parent's decision-making skills. It does not make sense to have another child when you are already struggling with two children.</p>
<p><b>Step 2 Feelings</b></p> <p>I had a strong connection to these children having been a child from poverty myself. It brought back a lot of old emotions that I had forgotten. I was hoping they would be in a better situation when they fast forwarded to the future.</p>	<p><b>Step 5 Conclusion</b></p> <p>If I were the parents, I would have tried to move my family to another location where there were more job opportunities. I would have not allowed my 18-year-old to drop out of high school to allow them to pursue greater education. I would have definitely gone to a more prosperous location where they had more resources for my kids and I.</p>
<p><b>Step 3 Evaluation</b></p> <p>One of the families moved into a home because of the death of a loved one, which was good and bad. Good because they finally were living in a home again, but bad because they had lost a family member. It was easy to relate to these kids, but it was difficult to watch the documentary because I am in a better place now in my life. Seeing people going through these struggles in today's society, really tugs on the heart strings.</p>	<p><b>Step 6 Action Plan</b></p> <p>I think it is a sad situation to be in and I feel for the children who have to be stuck in that kind of situation. It is like being in a 100-meter race, but you are starting 200 meters behind the starting line. It is never about how you start, but how you finish. There will always be opportunity for those who seek it. As these kids get older, I hope they are able to find more opportunities for themselves. I will always remember my humble beginnings and make sure that my children do not have to face anything like these children have had to. Being in poverty is not a choice, especially as a child. However, we live in America, the land of opportunity and that alone will allow any US citizen to have the opportunity to get out of poverty.</p>