

Covenant School of Nursing Reflective Practice



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. <u>Remember to 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 eg. personal / patients / colleagues' perspectives?
<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?

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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>Step 1 Description In this documentary, the film crew followed several families through the recession and then revisited them years later; it was filmed in 2012 and released in 2017. It specifically focused on the perspectives of children whose parents were struggling financially during this time. I watched this with my friend at my apartment. I've never seen this documentary, so I was intrigued to see it and it was eye opening to hear the stories of all the families. Watching this resulted in me feeling like I could put myself in the shoes of those who are living in poverty a little bit better.</p>	<p>Step 4 Analysis Bad things happen to people whether they want them to happen or not. Most likely, situations like the recession and joblessness are not chosen or welcomed by the people who are suffering through it. It's important to remember this in general, but more specifically when it comes to patients. You can never judge people for their situation and let that get in the way of how you treat them. People in this documentary had to go without food and a home of their own, which can affect hygiene and overall health. That's something to remember or find out before labelling a patient non-compliant because they likely want to help themselves but lack the resources to help them out. This seems to be the story of many patients who are seen in the hospital, which makes it important to be sure we are aware of the situation and going the extra mile to have that conversation with them to see where they're at.</p>
<p>Step 2 Feelings The documentary got straight to the point and showed interviews with the kids telling how their parents being out of a job has affected them. It reminded me of when my dad lost his job around the same time. Thankfully my family never got to the point of having no food or hot water, so it made me grateful. Towards the end, one girl talks about how she knows her family is going to be okay because of how hard her dad works and that made me so emotional to see because despite her family's less than ideal situation, she still had faith in her family and knew that it was going to be okay. It made me think how much wisdom can be gained in the hardest of situations, especially as a young kid. Another part that made me sad was hearing one girl talk about how she didn't get three meals a day and how that made her feel physically. No one should ever have to experience that and I can only imagine how parents must feel not being able to provide for their children as much as they want. It made me want to be able to help the people who are experiencing that today.</p>	<p>Step 5 Conclusion In the likely case that I have a patient who is homeless or in poverty, I will first care for them like I would anyone else. Then I would talk with them to see what resources they have, and if they don't have any or need more, I would connect them with a case manager or social worker to get them the correct resources for their situation. Outside of the hospital, there are so many organizations that are out there helping people who don't have enough money to buy the basic things. Volunteering is a great way that I like to help my community and give back. It helps the organizations be more efficiently and at the same time directly help those in need. I could also get my friends who are not in nursing school/nursing to volunteer with me because it's honestly a lot of fun and rewarding too.</p>
<p>Step 3 Evaluation The recession was a hard time for most of America it seems. Hearing these parents talk about their struggles makes it apparent as to how hard they were hit and how much they struggled to keep their family afloat. I think it was very hard for them financially, of course, but also mentally and physically. Out of necessity, many of them found ways to make ends meet and make a few extra dollars. One girl explained how she and her friend would go out and find cans to sell. For me, it was hard to see these kids talk with such maturity for their age about struggles with money. That goes to show how big of an impact it was on their lives at the time and it's just sad to see that. It was a good reminder that everyone goes through hard things and how easy it is to let your situation define who you are. It definitely happened with these kids at school, being bullied and made fun of for being poor. Again, this makes me want to contribute to the effort to ease these people's struggles.</p>	<p>Step 6 Action Plan As I've already mentioned, I poverty is a very common thing in America unfortunately. Overall, things do need to get better on the side of government and society, but that fix will take a lot of little changes contributing towards a big one. That will take time, but in the meantime, I should do what I can. Being one person without much power, I can still make an impact in the lives of those around me. Volunteering, supporting those people, and treating them the same as I would anyone else is a great place to start. It's not always easy to treat people the way I want to when I feel that I can't relate to them at all, but I have to remind myself that effort to break that is better than not trying; that's one thing I learned through this. Seeing the people in this documentary gives me a better perspective on how hard people's lives can get when they are financially unstable. It helps me understand more what my patients and other that I encounter might be going through.</p>