



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. 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"> • 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. personnel / patients / colleagues?
<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?

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 The video shows three families living in poverty and having the kids kind of explain how it is for them and what their daily lives are like.</p>	<p>Step 4 Analysis Throughout the video, there are points that state how many families live in poverty throughout the US and it really makes me appreciate the things that I do have and also realize that there are so many more families than these three shown going through similar things.</p>
<p>Step 2 Feelings In the beginning I did not really know how to feel or what was going to happen. As I watched the video it made me sad to think about what those kids had to go through at a young age. It also made me think about other families who are going through similar things and not many of us know or realize their situation.</p>	<p>Step 5 Conclusion I think that if people weren't so worried about others lives so much and what people's financial situation was then these kids lives could have been better. it is sad to think that people bully others because of money and clothes. These families already go through so much that they do not need anything or anyone making their situation even worse. I've learned to not really complain about my life or the things I have because there are always people who have it worse and instead worry about how/what I can do to make someone's day/life better.</p>
<p>Step 3 Evaluation I think the thing that kind of went good in these situations was that they each kind of got better. There wasn't much of a difference, but a small difference is still a difference. Jobs were found, and although it wasn't easy for them, it is a step towards a better life for these families.</p>	<p>Step 6 Action Plan I think that we all need to take a step back and be grateful for the things we have in our life that we take for granted and be more kind and giving. I think that, if we are able to, we should be more involved in helping families like this and do whatever it is we can to make their life a little easier and better.</p>