



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                      eg. 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>The event includes different perspectives of families living in poverty. Most of the events are from the perspectives of children who are expressing their thoughts and feelings pertaining to their situations. There are multiple families in different communities of America telling their stories and struggles. Examples include households without warm water, adequate food, electricity, clothing, vehicles. Some children even experienced being bullied because of their lifestyles.</p>	<p><b>Step 4 Analysis</b></p> <p>An issue that may arise from these events might include child depression and anxiety. It makes sense how the families began to experience their struggles. Many different factors contributed to their situations such as job loss, few family resources, raising costs of gas prices, and pregnancy. Many of the experiences of each family were the same as far as specific events. Most importantly, the representation of poverty in general is the biggest similarity. The impact of different perspectives from outsiders of those who are not living in poverty is largely important. Some people feel the need to act as resources or take part in positively impacting communities. Others may feel selfish and inconsiderate.</p>
<p><b>Step 2 Feelings</b></p> <p>At the beginning, I felt concerned. I was thinking how difficult it must be for the children to feel like true children. The actions of the children as far as gathering money, rationing food, and learning to pay bills surprised me; I thought that it was very unfair for them to spend their time figuring out how to help their parents pay bills and provide meals. As I realized how much stress these children were under, I began to feel upset.</p>	<p><b>Step 5 Conclusion</b></p> <p>Others could have made the situation better by being positive individuals rather than being demeaning. I wish that more resources would have been available or taken advantage of. I have learned that some families do not know how to deal with poverty to their fullest extent. They are ashamed, unmotivated, and uneducated. They are not familiar with how to utilize the resources that are available, or they do not have access to them.</p>
<p><b>Step 3 Evaluation</b></p> <p>To try and point out the positive events, I think it is good that the parents were aware that they should not be in the situations they are in. The parents were taking accountability and responsibility for their financial instability; fortunately, they were trying to turn their situation around. Another positive point is that the children realized they want more out of their lives than what they were experiencing at the time. They stated that they strived to be greater people and break the cycle of poverty within their families and communities. Unfortunate events took place throughout the story. For example, a mother realized she was pregnant and how much more stress their family would be under. Another family had to surrender their pet to the animal shelter. It was difficult to watch these situations. I did not know what to expect of the outcome towards the end of the story; one part of me thought it would end the same way it started. It made me question where the children are today.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, I think situation of poverty is unfortunate. I think that in many cases it can be prevented. In other cases, people are just trying to do the best that they know how to do. I have concluded that poverty can be unfair, especially to children. Children have no fault when it comes to the families that they are born into or the parents that are raising them. I have learned not to assume that poverty is not always an option, but that it can also be temporary; meaning that no family has to stay in poverty. I will use this learning experience as a reminder how important it is to be an advocate and contribute positively for the sake of our communities and society.</p>