

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</p> <p>The video was following 4 kids and getting their perspective on their current living and financial situation. All the families that were followed had multiple children and 1 out of the 3 families was a single parent. The kids were telling their experienced in school and how they have to pick and choose what they spend their limited money on.</p>	<p>Step 4 Analysis</p> <p>One of the broader issues that this video shows is that there are too many children and people in America that go without food or shelter and there are not enough community resources to help them get out of poverty. 5 years later and all the families are in the exact same spot as they were at the beginning of the video. Very little to nothing got better for these kids and families.</p>
<p>Step 2 Feelings</p> <p>At the beginning of the video it made me feel really sad and I had this feeling in my stomach that I had through the video. I was thinking that there are a lot of children that experience and I am vary fortunate to not know what true hunger feels like. This made me feel guilty as well because of what I have and what I take for granted.</p>	<p>Step 5 Conclusion</p> <p>I learned from this video is you never know someone's situation looking in on from the outside. People are quick to assume that some of these families are lazy and aren't actively doing anything to change their situation but that is not the case.</p>
<p>Step 3 Evaluation</p> <p>I think at the end of the video I was expecting all the families to be in a better position financially and in terms of shelter. There was a 5 year difference from the beginning of the video to the end and I wanted the children to have a better outcome.</p>	<p>Step 6 Action Plan</p> <p>I can use what I learned from this video to nursing. Not everyone is as fortunate as others and are trying there best. When someone is beign noncompliant with their health care regimen, it may be caused by financial situation. There are many people that are living in poverty and try to hide that they are. When I'm speaking to someone or caring for someone I don't need to assume I know about their socioeconomic status and treat and speak to everyone equally.</p>