

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>Poverty SIM was an hour-long documentary that followed three different families in poverty. It focused mainly on the kids in the family. It follows the families over 5 years asking the kids different questions about how they feel and what it is like growing up in their different households. I played the role of the outside looking in on these different lifestyles and learning about their ways of life.</p>	<p>Step 4 Analysis</p> <p>I think this video can help me be more aware and better treat those in poverty. I think it is very important to recognize any signs of poverty so that we can help get our patients all of the resources they need. Many of these families had poor nutrition, no heating or air conditioning, no clean water and these are all things that can affect their health status much like the patients we see every day.</p>
<p>Step 2 Feelings</p> <p>This video made me feel very sad for the families it also made me feel very thankful for my personal circumstances. It is very easy to take things for granted until you stop and reflect on how blessed you are. It made me have a lot of empathy for the children in these families because they did not choose this lifestyle and it was out of their control.</p>	<p>Step 5 Conclusion</p> <p>I believe there isn't really anything that could have been done differently. Poverty and being laid off of jobs is often inevitable for some families. I think it's important we advocate for these patients and help them find all the resources they need to get them back on track so they can have better lives for them and their families.</p>
<p>Step 3 Evaluation</p> <p>I believe the kids all had such positive outlooks on life. Despite all their hardships and short comings they all had positive friendly attitudes. They all showed gratitude for life and for everything they owned.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think poverty is something that is very prevalent in our community and is something we will see as nurses every day. I think its important to treat these patients with respect and to advocate for them. It is important to be someone that your patients can trust so that they are willing to open up to you. This documentary will help me better treat those in poverty and help me to be a better person and nurse.</p>