



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 (e.g. 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</p> <p>The poverty video showed different families and had their kids talk about their experience and what was happening to their family. It also showed them five years later and you got to see what had happened in that time. The kids talked about what they wanted for their futures and how they hoped to make it out of that situation with their family. In the video we watched one family go from a house to a motel and back into a house. One went from a shelter to a motel, to move into a house soon. The third family was in a house and welcomed a baby into the family.</p>	<p>Step 4 Analysis</p> <p>The big broad issues that this whole video described was the surprisingly high number of people who are living in poverty and/or homeless. I think some of the children experienced similar things and some differing experiences. Only one of the families in the video were able to be living in a house the entire time. One of the families was living at the salvation army at the beginning of the video and I think that changed a lot of their experience compared to the other families. I think that the impact that other people's perspectives really affected the kids in the video. Johnny even mentioned how he didn't want people to know he was living at the shelter because kids were mean.</p>
<p>Step 2 Feelings</p> <p>The video made me think about my small town where I grew up. Being a small town in the middle of nowhere there are a lot of families that are living in poverty. I cried basically the whole hour video because I was thinking of my friends and classmates who I grew up with and how I watched them grow up in poverty exactly like the children in the video. What I took away as the outcome was the children talking about how they didn't want to end up like their parents and in the same situation. It makes me sad to know that so many kids grow up that way, and generational poverty is a very hard thing to get away from. I think it is so important that people see this because I think in some places people might never actually see this.</p>	<p>Step 5 Conclusion</p> <p>I do not think that the families could have done anything differently. I am sure that they were doing the absolute best they could. I hope that they were able to receive as much assistance as their communities provided. I know it showed one family getting food from what I assume was a food drive of some sorts and one of the schools was a "nutrition club" that provided kids food for over the weekends. I learned how poverty affected those kids. I also learned that over 50% of children with single mothers were living in poverty; that is such a high number and really surprised me.</p>
<p>Step 3 Evaluation</p> <p>I think it was good that most of them were in a house, or about to be, by the end of the video. All of the situations were bad, it was hard to watch, and none of it was easy for those families. I think the parents were all trying very hard because no one <i>wants</i> to raise their kids like that. I think the video showed how things can be good one month and the next one might be very rough. I hope that those families were compensated well for being in that film and provided any needed assistance.</p>	<p>Step 6 Action Plan</p> <p>I am glad that there are so many groups and programs out there to help people who are living in poverty. I wish there was more that we could do, but I feel like there is always something more that could be done. I think this video helped to reopen my eyes about how some people are living. I had a patient in the hospital a few weeks ago who was homeless and he was only 30 years old and I have thought about it since. I have been thinking about the homeless population in Lubbock and ways to help. I think especially here in Lubbock there are so many resources that are so amazing to our large homeless population. I am going to continue volunteering at Carpenter's Kitchen and just do what I can do give back to my community and the Lubbock community as well. I hope as I get older I continue to do the same and spread awareness.</p>