



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.

Step 1 Description

A description of the incident, with relevant details. Remember to maintain patient confidentiality. 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

- 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?

Step 4 Analysis

- 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)?

Step 2 Feelings

Don't move on to analyzing these yet, simply describe them.

- 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?

Step 5 Conclusion

- 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?

Step 3 Evaluation

- 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?

Step 6 Action Plan

- 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 I watched the PBS "Poor Kids" Poverty Simulation video. This video followed three families from 2012-2017, each who were living in poverty and told their story on what led them to their situation. I feel that the video really focused on the children's perspective of living in poverty and how they went through life and the difficulties that they faced.</p>	<p>Step 4 Analysis Throughout the video, there were many statistics given about families and children living in poverty in 2012 and 2017 in America. Not only does it make me appreciate the life that I've had, but it brings into question what our country should change, such as job obtainability, insurance coverage and financial stress infrastructures to assist families in crisis.</p>
<p>Step 2 Feelings During the video, it really pulls on your heart strings. You can tell throughout their lives, that the children aren't sheltered from the harsh realities of life and they made multiple comments about their parents not making enough money for shelter, food or gas. In terms of the final outcome, it overall appeared that the families were in "better" circumstances in terms of shelter, but they were still living in poverty five years later. It's important to have these perspectives seen, especially when America has such a high standard in the world view, that families are still struggling and its not from a lack of try, sometimes you have things thrown at you that you can't prevent the future situations from occurring.</p>	<p>Step 5 Conclusion The situations could have been better if given more opportunities for those living in poverty. I've always believed we need more facilities that will help families locate jobs and have more accommodable living situations - for instance, the family that lived in the shelter home could only bring items that fit into their luggage or bags, why make them leave behind everything else? I wonder if the families reached out more into the community or their extended relatives for more assistance, not to look for a "handout" but to see what they could gain; such as food pantries for the families that didn't have enough for groceries. I also believe that peers in schools should be given more of an education regarding poverty, it's difficult enough living in these situations, but being bullied for it too is ridiculous. Education in the community could benefit the quality of living for those still trying to receive their education without having to worry about being picked on because they can't afford name brand items. Watching this video really gives you perspective on how lives are lived differently in America and how we should have more for those struggling, especially families who have children.</p>
<p>Step 3 Evaluation While I feel the families' situations as a whole were not beneficial or good, I will say that for the most part, they kept having expectations and dreams to continue to pursue for a greater life. You can tell through their stories that it was difficult to come from a home and financial safety and begin to live in poverty; the things you once had are luxury items and now they need to focus on the basics for living (food, water, shelter). I felt that what went well in terms of these families, is that they continued to search for jobs and opportunities to keep them afloat, they didn't wither into the financial stress that they were put into; especially the family that introduced a new baby into their lives. I did expect a different outcome for the end, when they switched to the families living in 2017. I guess I wanted that "Happily Ever After" ending to happen, however, given their circumstances, I was relieved to see that they all had a home over their heads and they were all able to find jobs to afford their current cost of living.</p>	<p>Step 6 Action Plan Overall, its very heartbreaking watching the families living in their current situations. Conclusions that I can draw, is that the parents were really trying to change their economic status during these five years and you could tell that it broke them, watching their children live within these conditions as well. As for me watching and wondering what I could do to help families in poverty, is doing more for the community; whether that is donating or volunteering. We also need to take a step back as a country and try to come up with better systems to keeping our nation above poverty.</p>