



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> <ul style="list-style-type: none"> In the film "Poor Kids" it shows different families consisting of different background, race, income level and location. At the time of watching the video I was in my house on my computer. 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> I can apply the knowledge learned from this video to better talk and care for patients of any age if they are living in poverty and provide them with resources that now I am better at acknowledging. I can sense that the world is so much bigger than what we see in our own personal lives. I think this video highlights what all of us should know is out there. Most people, even if they know someone who is living in poverty they wouldn't truly understand it until they are living it or they see a video like this. It makes you stop, and question do I need to buy this or what would be a better use of my money. It makes you grateful like even though life is hard for everyone at sometimes, it could always be worse and to be grateful for everything you have in your life.
<p>Step 2 Feelings</p> <ul style="list-style-type: none"> In the beginning I was feeling very sad and feeling like I wanted to do something to help the family. I was thinking at the time I am extremely grateful to have hot water anytime, to be able to afford the little things whereas the family had to lose their stuff because of the lack of money to pay for the storage unit. It makes you think about all the little things that you have readily available to you every day that most of the time you don't think of what you would do without it. It reminded me of how truly blessed I am to be able to have the things that these families are not able to have. When Brittany, the daughter said that she lost her DS it made me feel so sad for her because it brought me back to the time when I was a child who also had a DS and I never had to worry about losing it like she did. 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> I have learned from this video to always be grateful for what you have. To truly look at everything you have, even the little things like having a can of soup in the pantry because someone out there in this world doesn't have that and are begging for even one bite of it. I'm really happy I watched the video because over time I feel like we get blinded and used to just having our daily items handy, now the video almost takes the blinders off.
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> I think what went good about the video was how they showed what it was truly like for these families. It showed you firsthand what it was like to live in these people's shoes the best you can without actually being with them. I didn't think anything was bad, it was just sad mostly and very eye opening in how people are living around you that you might not even know. It was difficult to watch because of how sad it can make you; the kids are living lives that most of us cannot even imagine but it is also inspiring because even though these people are going through so much they're continuing to try to provide for themselves. 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> Overall, I think the video and the whole situation about poverty is a very devastating realization about how much people are needing. I can draw a conclusion that even in dark times it could be worse and to always keep your head up, if the people mentioned in the video are still trying to make the best for their circumstances than we all can too. Next time when I have to decide if I am going to buy any unnecessary thing I will stop and think it through and if I need it. I will also remember the kids when I am feeling down about things in my life, I will think about how much they have lost and how they are still fighting for better. I can apply this to other events such as the dream center here in Lubbock that I volunteer at for CNSA, I think this will give me new insight into the lives of the people who come in when volunteering.