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Covenant School of Nursing Reflective

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 eg. personal / 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?

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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.

Step 1 Description The poverty simulation was a video that followed 5 families in the United States that live below the poverty line and how it effected their lives. Most of the families were in Iowa or Illinois and explained how their lives were and what struggled they had over the years.	Step 4 Analysis I think that this video is important because it brings light to the struggles that people go through and even though people think its just a few that do, this problem is much too common in the United States and it truly needs advocacy and change to make sure that more people do not end up in the same spot.
Step 2 Feelings Watching the video made me very emotional and sad. I did not like seeing these children in the situations they were in and that they knew how bad off things were for them and their family. I have a huge heart for others that are hurting and seeing this video made me hurt too. These kids didn't get a chance to be kids because they were too worried about where their next meal would come from or when they were going to lose their house again and that's not fair.	Step 5 Conclusion The most important thing that I can do is to help bring light to the poverty and poor communities locally and across the country. It may seem small to make a change by yourself but it does impact others and it cant be fixed if it isn't known. We can work on creating resources for people below the poverty line like bill assistance, food banks, and housing for those in need.
Step 3 Evaluation It was difficult to watch because it was heartbreaking to see such a small amount of what is going on in so many households across the country. I liked getting to see the improvement these families made even if it was just a small step forward. Especially when the kids were older and were being interviewed again, you could tell that they were aware of how hard their parents were working to get them out of the place they were in and yet they were still stuck there.	Step 6 Action Plan Having a first hand look into the lives of people struggling gives you a different perspective on how you look at your own life and what you take for granted. It shows you what all you can live without and how much of a need it is for more abundant resources to be created for these people. Especially working in an environment where people of all walks of life are seen, such as the hospital, it is important to know what to look for when you think your patient might need help and what assistance you can give them to get their health taken care of without worrying about how they will pay for it.