



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</p> <p>In the early 2000's a group of children's lives were documented. These kids in particular were living in poverty in different states. The documentary went on to show each child's living situation, how often they ate, and how they all individually felt living in the situation they were living in. These children and their families struggled to make ends meet. The video filmed began when the children were fairly young and went on later to show them matured and how life was treating them as the years went by. Some of the children expressed how hungry they were, how embarrassed they were of their living situation, and how much they stressed about growing up and living poorly as an adult.</p>	<p>Step 4 Analysis</p> <p>I have not studied or researched what kids go through growing up poorly, however I became a mother at an early age and lived the single mom lifestyle for a couple of years. I feel I was able to see what it was like to live on a low income and budget to make sure bills, daycare, and food were provided for my child and me. I feel the PBS film brought awareness to what some children live like and how we as a society must come together and help those in need.</p>
<p>Step 2 Feelings</p> <p>As I watched the PBS film "Poor Kids," I thought to myself how hard life can be at times and how people out there struggle financially. I felt very heartbroken for each one of those kids and their families. As I listened to each child express how often they went hungry, showered with cold water, and got made fun of in school really saddened me. At the end of the film I was filled with sorrow seeing what each family went through and what they sacrificed to make ends meet. I think the most important feeling I had was sorrow because it brought awareness to how children living in poverty live on a daily basis and how much they struggle.</p>	<p>Step 5 Conclusion</p> <p>I think as a future nurse I would like to do more community outreach. I think it's important to make sure those who need help get help in some shape or form. I believe we could point people in the right direction, such as their local church or food banks to get that extra help. I have learned overtime how many things can be taken for granted and how we should strive to help one another out when life gets hard.</p>
<p>Step 3 Evaluation</p> <p>I believe it was good for the film to be documented to help raise awareness of what it's like to live in poverty and how hard it can be to support a family with low income. I think the film showed how difficult it was for parents to pay their bills, put clothing or shoes on their kids and making home or car repairs. The film expressed how much children go through mentally and physically. I felt the end of the film ended as I suspected it would. Unfortunately, there are so many families that live in poverty with little to no resources.</p>	<p>Step 6 Action Plan</p> <p>In conclusion, I think it's so important to create awareness of families in need and check in with friends, family, and patients to make sure they have all the resources they need. As a future nurse I hope to give back to the community and those going through a tough time.</p>