



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>Three families were introduced that struggle with poverty. The video started following the families in 2012. Jasmine and her family lived in the Salvation Army. Tyler and Kaliegh lived with their mom, whom was single, in a hotel after giving up their house. The third family was Brittany's and they still lived in a house but could not afford bills and were expecting a new baby. Five years later PBS followed up with each family. Jasmine and her family were now staying in a hotel. Her older brother, Johnny, move away to focus on academics and sports. Tyler and Kayleigh's family moved several times but have settled into a house. Their mom got diagnosed with ovarian cancer and cannot afford treatment. Brittany's brother started working and helping support their family. Five years later each family is still struggling but they are slowly getting their feet back on the ground.</p>	<p>Step 4 Analysis</p> <p>Being broke affects every aspect of life. Not only does it dictate what you eat and where you live but it also influences academics and social life. Kids get bullied for being poor. Even in the healthcare field homeless patients are stereotyped right when they walk in the door. We forget to treat them like humans just because they have less money or no home.</p>
<p>Step 2 Feelings</p> <p>During the video I was feeling very blessed. Watching people, especially kids, struggle to even have money to eat is heartbreaking. Those kids did not have many clothes, a lot of food, or a stable home but they were all making the best of their situation. They supported their parents and kept their heads held high. Learning that a few years later each kid was doing a little better made my heart happy. It's amazing to see that they never gave up. I was also upset and slightly angry that one mom had cancer but she could not get treatment because nobody excepted her insurance.</p>	<p>Step 5 Conclusion</p> <p>As a nurse in today's world that is heavily poverty stricken, I would familiarize myself with the local resources that could help like the Salvation Army. Knowing the available resources is critical in helping your patient after discharge. Referring them to these resources can also prevent or greatly decrease the risk of the patient coming back to the hospital. I would also make sure to get a social worker involved as well. Furthermore, despite a patient's financial situation I would provide the best care possible. It's not my job to worry about the money, it is my job to care for the patient as a whole.</p>
<p>Step 3 Evaluation</p> <p>Watching the video opened my eyes. I had no idea that so many people, especially kids, were affected by poverty in the United States.</p>	<p>Step 6 Action Plan</p> <p>As I said above, I would familiarize myself with local resources and get a social worker involved. Also I think getting involved like at the food bank would be beneficial. It would be a great reminder that money is a huge factor in healthcare and to not take things for granted.</p>