



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 documentary there were three families been interviewed. A single mom family with two kids, a white family going to have new born and a black family hit a low point and stay in the shelter. The documentary recorded the five years progression of each family. It is a unique documentary that coming from the view of the children who live in poverty. Telling the struggle of life and their parents' hardship and the dire situation they are in. At the children talked about their wishes. After five years they grown much and do the interview again. It's good to see in some aspect they are doing better and sadly none of them escape poverty. 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> The system we live in is very expensive to be poor. This reflected so true on the single mom family. Once she cannot afford to pay mortgaged she had eviction. And with bad credit it's hard to pass a house rental background check. They moved into a motel with no fridge and microwave which is mostly likely more expensive than rent a small apartment. And they have to buy ice to place in the sink to store some frozen food daily which is more expensive than just own a mini fridge. Living in motel without address also made her disqualify for many job applications which required address as basic information. Even she have the same pay check she will lost a great portion of it before she can spend it when you are in extreme poverty.
<p>Step 2 Feelings</p> <ul style="list-style-type: none"> When I watched the first part of the documentary it breaks my heart to see what these families have to go through every day. And I start realized I have a lot of blessings in life and I should be more grateful for the opportunities I have. I think the hardest story to watch is the single mom trying to bring up three children. The little girl in the interview said she is always so hungry and have to skip meals and feel dizzy all the time. They have to pick tin cans for a few cents trying to get some food. Also, they lost their house, and lost their dog, forced to move to motel while the mom is apparently in depression. At the second part 5 year after the mom and grandmother even got diagnosed cancer. It is hard to watch how difficult is their journey. 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> In the modern-day society people become less compassion for those people in need. They are tens of millions of people live under the poverty line today. But we do not have enough opportunities for them to get out of the pit. Many of us are taught it's all about personal responsibilities and hard working but the poverty families did not just sit and waiting for the government handout they are actually work harder and look harder than many of us just for the pennies. It is heart broken to see even a free lunch in school for the poor children will turn into controversial political argument on the news. In the documentary, the poor children actually ashamed to be on the listed and have to lived in shelter and ashamed that they have to get in line to wait for the food. I believe we looked the other way a lot of time when we learn some one in need. But after a whole hour documentary I believe we need a better usage of resource to help people get on their feet.
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> It is good that all these children from the documentary all trying to do their best to get out of the dire situations. In the single mom household, the teen boy decide not to be drop out and going bed to school. In the newborn white family the 14 years old teen is already working with his dad and have positive thinking knows he must work hard to make the ball rolling. At the black family the teen boy have football dream stray off his path but now he is working hard for his coming college football opportunity after a wake up call in jail. It is bad to see none of the family can escape the poverty. The single mom family moved into a real house but diagnosed for cancer after 5 years. The white family doing the best both father and son have jobs but still have to live under the same roof. The black family started in the shelter still on the road bouncing to one place to another after 5 years. 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> I believe we still required a lot of improvement to help poverty families and the society in general. Helping a poverty to back on their feet save up a lot of resources the in long term such as more budget in law enforcement and future welfare. We need a change the image of poor people are lazy people stereotype and have proper channel to secure their minimal necessity. We should secure the food for children and not be controversial. There are nearly 40% of food wasted in the USA from feeding America.org data. Education system should have more and cheaper programs for poverty children. Not every household have the ability to go to college. But we can have more program like trade school for mechanic, tech support, cooking skill, manufacture programs. That can give the hard-working people financial security. The degree such as RN to BSN should also apply on more vocational licenses.