

# 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 the faculty and then you will post the final reflection in your LiveBinder folder.

<p><b>Step 1 Description</b> 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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul> <p>Don't answer every question. 2-3 sentences on each step Save as docs – change final to correct name</p>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues'</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>

## Covenant School of Nursing Reflective

### 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><b>Step 1 Description</b></p> <p>The 2008 recession caused many families to fall into poverty or fall deeper into poverty to the point where parents had to decide between bills, gas, or food for their families. The video from 2012 shows how regardless of family demographics or ethnicity, poverty affects everyone. The financial decline of these three families illustrated the physical, mental, and social struggles the children endured. Furthermore, the effects of financial instability on the children's futures.</p>	<p><b>Step 4 Analysis</b></p> <p>I can apply my personal experience with them as the recession hit my family hard as well. My mom had given birth to my youngest sister and was laid off from her job; both of my parents had to file for bankruptcy. I was one of the kids that needed the free and low-cost lunches during school and many of my peers would make comments about it. I was around seven years old at the time, so I did not take their comments to heart and went on with my day. In the present day, I help with the South Plains Food Bank to supply the boxes for others under the poverty line; it is one of the most rewarding feelings when they tell you how grateful they are.</p>
<p><b>Step 2 Feelings</b></p> <p>At the beginning of the video, I felt awful for the families and the children that had to go through poverty and the critical decisions the parents had to make. For instance, when a single mother had to relocate her children to a motel room to save money and surrender their dog. Another example is when a family had to move into a homeless shelter because they could no longer pay their bills and could only pack all their belongings into a tiny suitcase and leave everything else behind. In the outcome of the video, the essential emotions I experienced were empathy and compassion due to their abilities to take their poor situation and still notice the positives in life that many people today take for granted.</p>	<p><b>Step 5 Conclusion</b></p> <p>In conclusion, I have learned poverty impacts most of the world's population regardless of who you are. Children that live in a poverty environment are likely to struggle in school because they are unable to focus on their schoolwork because they are hungry or perhaps, they are struggling to stay awake since they didn't have safe place to sleep at night. These factors can impede them from completing high school and going on to college therefore setting them up to fail in life. When these children go home, will there be food to eat that night or a safe place to rest their bodies if their parents are unable to pay the bills. They are mentally scarred when they notice their peers walking into their homes when they themselves do not have one; yet they hold on to hope for a better future than their parents and try to achieve their goals despite the setbacks they come across.</p>
<p><b>Step 3 Evaluation</b></p> <p>The event was devastating for these families by losing their jobs, homes, and mentally destroying their power in these situations. In one of the families, the father lost his job and filled out various applications that were outside his career choice to supply food and money to his family. Finding jobs during that time was difficult for all educational backgrounds and since he flunked out of school, he was near the bottom of all applicants. In the end, I was hoping to see after the five-year gap the families were out of poverty and were successful in school. Regardless, they were slightly better in their situation are where stable enough to feel safe; however, they considered themselves unstable and feared when they would return to not eating for days and having cold water due to not paying bills.</p>	<p><b>Step 6 Action Plan</b></p> <p>In the future, I will ask my patients about their financial state to have a better understanding of their situation and advocate for a case manager to ensure my patients are treated without judgement. During my practice, I feel I can understand patients who have been in poverty because I empathize with them. I want to progress the awareness and need to help individuals under the poverty line because it is a growing pandemic that needs a solution from the government and society.</p>