



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><u>Step 1 Description</u>                  This incident showed families with young children in poverty. Since these families live in poverty every single day, are unable to work full time, or don't have a job it makes their lives very difficult and stressful. They describe that they are unable to pay their bills and often do not have money for food. This made me think about how many children go to school and the thing they look forward to the most is two hot meals.</p>	<p><u>Step 4 Analysis</u>                  Thinking in the aspect of healthcare, I can't imagine how families like these go on when they have medical issues and are unable to have access to healthcare. One of the families went from being well off and then a job changed drastically and the family suffered from it. Unlike the other families, they seemed to all have the common denominator of not being able to find a well-paying job and not being able to get ahead on bills. Therefore, it is hard to make ends meet and provide a home that has working appliances, warm running water, and adequate amount of food for the family. I think most families in poverty experience a lot of the same struggles.</p>
<p><u>Step 2 Feelings</u>                  After watching this video, it makes me feel so sad for those families and children. I especially feel for the children because there is nothing they can do to make their situation better at this time. Hearing the children say that they are starving and if they can go to bed or think of something else it sometimes makes them forget that they are hungry. At the end of the video as the children have gotten a few years older, one example I thought was awesome was that they are wanting to be different than their parents and finish school. Thankfully I have never been put in this position but it makes me very happy for the kids that are choosing to be better than their family and do the things it takes to do get there.</p>	<p><u>Step 5 Conclusion</u>                  I think something that could have helped the situation is referring them to community resources that would help with financial burdens. There may not be a lot of community help where they live but I didn't hear anything about them reaching out for help. Food stamps would be a great option for families like the ones in this video and maybe they are already utilizing them. I learned that I need to be more grateful for the things that I have because I never have to wonder where my next meal will come from and if I have a warm shower or not.</p>
<p><u>Step 3 Evaluation</u>                  The good thing that I observed in the video was that the children seemed to be appreciative of what they had and kept a positive attitude when it wouldn't be easy to. The hard and difficulty part that I saw with the family was that the parents were sad that they couldn't provide for their children like they would have liked to nor did they stay positive. One of the mothers is fighting depression and is on medication for that so I really hope that helped her maintain a healthy attitude towards life. Something that I wasn't expecting was when one of the couple got pregnant again. They are not likely to have insurance so I'm sure birth control is not something they worry about, but I just think about how much more of a financial bind they are going to be in with another child.</p>	<p><u>Step 6 Action Plan</u>                  Overall this situation made me very sad for all the people in our world that have to go through this. Poverty is so prevalent in our country that it just makes me so sad. Personally, I have a hard-enough time making ends meet, I can't imagine how these people feel. After watching this video, it makes me want to go volunteer more with CNSA for those that are not able to provide for themselves, that is the least that I could do. Having the opportunity to volunteer for different shelters and nonprofit organizations is something that will help me in the future and also those in dire need.</p>