



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>Children told about their experiences with being in poverty, including what it was like living in a shelter, giving their dog up, living in a motel room, and how it affects their sense of security and what they want to do with their lives. They all talked about what it was like to lose where they were living, stressing about having to pay bills, and how being in poverty affected their schooling negatively.</p>	<p>Step 4 Analysis</p> <p>Broader issues that arise from this film are mental health issues, how we treat people who are in poverty, how essential free school lunches are, and health insurance for people in poverty. The experiences of the families in this film are different to mine because my parents had stable jobs that weren't affected by the recession. We always lived in a house, and we always had everything we needed and more.</p>
<p>Step 2 Feelings</p> <p>This film made me sad, especially when Kaylie had to give their dog up. It made me feel grateful for what I have and how I grew up because it was so different, and I didn't have to think or worry about many of the things these kids were worrying about. It made me feel appreciative of my parents and how they worked to give me and my siblings the lives we have. It also makes me feel lucky that my parents had stable jobs that weren't affected by the recession.</p>	<p>Step 5 Conclusion</p> <p>I learned more of what it is like for kids who grow up in poverty and what their mindsets might be like. I learned to be grateful for what I have because things can turn out much differently. I learned how schooling can be affected by being in poverty. Others could have made the situation better if they had jobs that were not as expendable, the money to get more education to get a better job or the ability to live in a different area for more job opportunities.</p>
<p>Step 3 Evaluation</p> <p>It was difficult to see at some points because they are just kids. They shouldn't have to feel that loss of security so young. It was good to see how Jasmine's parents seemed outwardly positive about their experience with living in a shelter and having to move, even though it must have been very difficult. It was hard to see how things felt hopeless for the people in the film because there weren't many options for jobs, and they couldn't keep up with bills.</p>	<p>Step 6 Action Plan</p> <p>The overall situation is a difficult one to watch because it seems very hopeless for some of these kids. They're relying on their parents' ability to make things better, and the parents are already doing everything they can to make ends meet. I can apply these learnings to nursing. If people in poverty come into the hospital, they might have medical issues that haven't been treated yet due to affordability. Also, we might see people who grew up in poverty with more mental health issues or drug and alcohol abuse, and this video kind of helps to see how and why that can happen.</p>