



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 *eg. personal / 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>Step 1 Description</p> <p>In the documentary "Poor Kids", the video opens in the year 2012 by showing three separate families each with at least two children or more. Out of the three families, two families have dads that lost their jobs due to the recession with moms who do not work, and the other family has a single mother who does not work. The beginning scenes consist of the children in each family describing their situation of how poor each of them was and what their daily life looked like. Family A consists of a young girl and boy both in elementary with a pregnant mom while living in a house and dog they are about to lose, family B is made up of a young girl and boy who collect cans on the street for money and are not enrolled in school due to the amount of times the family has moved, and family C consists of four children with the main focus on a girl in elementary and a boy about to be in middle school living in a Salvation Army Shelter. These families are in Iowa and Illinois. Families A and B are both unable to pay bills and are discussing with their children how the electricity, water, and cable bills will be shut off soon.</p>	<p>Step 4 Analysis</p> <p>From analyzing this situation, I can write that the children who went through this harsh and unfortunate experience all had three things in common; a family going through a nationwide recession, parents who lost their jobs, and were relying on one sole income. From personal experience and knowledge, children who grow up in poverty have a much harder time succeeding in life and overcoming the poverty line because they do not have the financial support to do so. Emotional support and encouragement from home and at school even if it is just one person is crucial for a child's future and wellbeing. Most parents in this video did not complete high school, therefore setting up a harder lifestyle for them and their families. Although we did not learn about the parent's prior lifestyle before this video or before having children, I feel that by analyzing the current situation I can assume finishing school, staying out of trouble, and making a decent living was not the top priority for them and as a result the children are having to suffer.</p>
<p>Step 2 Feelings</p> <p>At the beginning of the film, I felt very sad for the children in the video and felt disappointed that those children in all three families knew what it felt like to be hungry and know what a utility bill was. I was thinking how unfortunate it was that those children were robbed of their childhood because their parents were poor and could support their children with basic needs. One thing I noticed in all three families was that the moms were not working; although I did not know the mothers back stories, I felt upset for the children because the moms were not working when they had the opportunity to. Ultimately the mom in family A did not go to work because she had a newborn later in the film and the mom in family C did not go to work because she had to stay at home with her children in the salvation army shelter. I felt disappointed when the kid's collecting cans in family B had to use their money for groceries. I was relieved with the outcome because all three families had a more stable environment for the children and was filled with hope for every single one of the children in the film. Each child shown was either working, in school, or expressed their want and desire to get out of poverty and work hard.</p>	<p>Step 5 Conclusion</p> <p>In conclusion, I feel like there are things the families could have done differently although I was ultimately not in their situation. For example, families A B and C could have sold their nice things such as flat screen tv's or video games to make extra money or attempt to have all their children enrolled in public schools so that both parents could go to work. These families could also attempt to stay in one place so that their family could become more established therefor making school easier for their children.</p>
<p>Step 3 Evaluation</p> <p>Throughout evaluating the show, I can say that I felt a lot of positivity because each child expressed their drive to have good grades and graduate high school at the minimum and get a good job after. However, one child did get held back and expelled in middle school in family A and in family C the oldest child went to jail. Family B's mom was diagnosed with cancer which put a lot of stress on her kids as well. Family c's child that went to jail evaluated his decisions along with family C's child who was expelled, and they both have a desire to get back on track. Other things that went poorly include family b losing their house and having to move into a motel with a sink and ice as a refrigerator with only one bed, and family A's child dropping out of high school. This was the outcome and road I expected for each of these families because it is very difficult for a child to succeed if they do not have any positive influences or encouragement at home. However, I was happy with the outcome towards the end of the show.</p>	<p>Step 6 Action Plan</p> <p>From this event I have learned that family is everything no matter what situation you are in and that every decision you make in your life has the chance to have a negative or positive impact on your future. It is our job to be our own advocate and work hard for ourselves, our families, and our future. I think this situation is a learning opportunity for myself and others becomes throughout our lives I think we take our homes, lives, and situations for granted. I will try to remember this video whenever I think about not wanting to get up for school one day, not wanting the food in my pantry for dinner, or being annoyed with having to go to work because at the end of the day, these children would have given anything I had to have the childhood I did growing up. As a future nurse this video reminds me of how important it is to be an advocate for my future patients as well by making sure they have a safe home to go to and food at the end of the day in their bellies.</p>