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

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| **Step 1 Description**<br>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<br>• What happened?<br>• When did it happen?<br>• Where were you?<br>• Who was involved?<br>• What were you doing?<br>• What role did you play?<br>• What roles did others play?<br>• What was the result? | **Step 4 Analysis**<br>• What can you apply to this situation from your previous knowledge, studies or research?<br>• What recent evidence is in the literature surrounding this situation, if any?<br>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?<br>• What broader issues arise from this event?<br>• What sense can you make of the situation?<br>• What was really going on?<br>• Were other people's experiences similar or different in important ways?<br>• What is the impact of different perspectives eg. personal / patients / colleagues' |
| **Step 2 Feelings**<br>Don't move on to analyzing these yet, simply describe them.<br>• How were you feeling at the beginning?<br>• What were you thinking at the time?<br>• How did the event make you feel?<br>• What did the words or actions of others make you think?<br>• How did this make you feel?<br>• How did you feel about the final outcome?<br>• What is the most important emotion or feeling you have about the incident?<br>• Why is this the most important feeling? | **Step 5 Conclusion**<br>• How could you have made the situation better?<br>• How could others have made the situation better?<br>• What could you have done differently?<br>• What have you learned from this event? |
| **Step 3 Evaluation**<br>• What was good about the event?<br>• What was bad?<br>• What was easy?<br>• What was difficult?<br>• What went well?<br>• What did you do well?<br>• What did others do well?<br>• Did you expect a different outcome? If so, why?<br>• What went wrong, or not as expected? Why?<br>• How did you contribute? | **Step 6 Action Plan**<br>• What do you think overall about this situation?<br>• What conclusions can you draw? How do you justify these?<br>• With hindsight, would you do something differently next time and why?<br>• How can you use the lessons learned from this event in future?<br>• Can you apply these learnings to other events?<br>• What has this taught you about professional practice? about yourself?<br>• How will you use this experience to further improve your practice in the future? |

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*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.*

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| Step 1 Description<br><br>Multiple families struggled with poverty in the United States beginning in 2012. The film focused on the children in these situations, their point of view and their specific difficulties. They were on the verge of or lost their housing, struggled to have enough food, and had to be very careful with what they spent their money on. Some of the parents lost their jobs and had a hard time finding other jobs. | Step 4 Analysis<br><br>Kids who grew up in poverty seem to have similar experiences and mindsets of wanting to change their futures. They had difficult times with school whether it was moving around or getting bullied. They also lost things that were important to them. |
| Step 2 Feelings<br><br>The film made me feel grateful for the things that I have and how I grew up. It is depressing that so many kids grow up with this much stress and constant worry. It seems like each family was doing better after the five years, but it was still depressing because they aren't in stable situations. | Step 5 Conclusion<br><br>I learned about the importance of kindness and understanding. Teachers especially should consider that even if the student wants to go to school and get good grades, there can still be things holding them back. An example of this is when one of the kids was late many times because their mom slept in the mornings, so they kept getting detention which eventually led to him not going to school. We should assume that everyone is trying their best and has good intentions because we don't know everything that they are going through. |
| Step 3 Evaluation<br><br>It's good that all the kids want to do their best to get out of their circumstances and were able to find some ways to relax or focus on other things. It's difficult to see people not able to afford enough food. When kids grow up dreaming of going to college and getting a good job, it is painful to think that they may not be able to. | Step 6 Action Plan<br><br>For professional practice, we need to keep in mind that many people can't afford everything they need especially in healthcare. We have to have our patient's situation in mind as it can play a large part in their health. An example is considering whether someone can get a ride to their appointments, can afford their medications, or can take off work when they need to. |