

COVENANT SCHOOL OF NURSING REFLECTIVE PRACTICE

<p><b>STEP 1 DESCRIPTION</b></p> <p>The video that was presented to me identified individuals struggling with poverty and the issues that it brought to the subjects and their families. Several different families from different backgrounds were presented. This showed how poverty can be displayed differently and affect families in different ways as all families are diverse and are presented with different challenges daily.</p>	<p><b>STEP 4 ANALYSIS</b></p> <p>I can apply more assessment details when evaluating patients to see if they have the tools necessary to keep up with their self care and get the help they need. The different perspectives made an impact on seeing how others prioritized their essentials. If their health was compromised, they would not have the means to go through the ER and face billings, or even get over the counter medicine for a cold. This arised a larger problem when it comes to health care and it not being as widely available to those in poverty versus those who are living comfortably.</p>
<p><b>STEP 2 FEELINGS</b></p> <p>At the beginning, I was curious as to how this video would be different from other videos when talking about poverty. At the time, I was curious as to how this would look from a child's point of view. It made me feel grateful for what I have, and how blessed I was to grow up in the ways I did.</p>	<p><b>STEP 5 CONCLUSION</b></p> <p>Situation wise, everyone goes through their own struggles and issues. The way someone enters into a poverty-like lifestyle varies. To make the situation better in the healthcare setting, local community clinics could offer free immunizations and vitals checks to better serve the community and allow them to keep up with their health without having to compromise essentials such as food or rent.</p>
<p><b>STEP 3 EVALUATION</b></p> <p>The difficult thing about the video was watching how it affected some of the children's self-esteem. The children did a great job explaining their ways of living and how they got through tough times. The bad thing about these events was how much they had to sacrifice and give up.</p>	<p><b>STEP 6 ACTION PLAN</b></p> <p>This situation in all is very sad, and was challenging to watch. These lessons taught me to be more mindful about a patient's home situation, as it is something that could contribute to a patient's health. It has also taught me to be more empathetic to all, as we do not know what challenges they face at home. This will help me improve my communication with patients as well as assessment of background information such as living situations, job status, household members, and transportation.</p>