



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. <u>Remember to 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 <i>eg. personnel / patients / colleagues?</i>
<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?

Covenant School of Nursing Reflective

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<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?
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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.

<p>Step 1 Description The documentary "Poor Kids" gave us insight into the lives of several families and their children as they dealt with poverty. The documentary originally began when the children were much younger and ended as they became teenagers. We were given a look into their daily struggles with poverty and how it impacted each of them physically, emotionally, and mentally as they grew up.</p>	<p>Step 4 Analysis It is my opinion that America has failed families experiencing poverty. Many of the resources out there to help families in need have unrealistic qualifications, leaving many families without any help. Too many people have a "dog eat dog" mentality, that they never stop to think about the people who don't have the things they often take for granted. The only time I ever thought they might understand was when they also had to fight over toilet paper during the COVID-19 pandemic. Americans, especially those who have been lucky enough to never experience poverty need a better understanding of what it is to live in poverty. If they understood, then just maybe there would be hope of finding a way to eliminate poverty.</p>
<p>Step 2 Feelings This documentary really hit home for me. As a child who also grew up in a poverty-stricken home, I felt that I could really relate to what they went through and the emotional toll it took on their childhood. I remember feeling angry, upset, and confused as to why my family couldn't do or buy like others. I remember being made fun of at school for my jeans being either too big or not long enough. I still remember how heavy the worry felt when I didn't know if my grandmother would be able to pay all the bills. A worry that no child should have to bear. It broke my heart to know that these kids suffered in many of the same ways I did or worse. It gave me hope to see that many of them, despite what life threw at them, the children continued to want better for themselves and their futures.</p>	<p>Step 5 Conclusion Unfortunately, poverty does not discriminate, and life goes on, even if you cannot afford it too. The families in this documentary showed great strength in pushing forward even when life knocked them right back down. As someone who grew up in poverty, I know just how difficult it is to overcome, but I also know that it is not impossible. I hope that I can use my experience to give hope to others as they try to overcome poverty themselves.</p>
<p>Step 3 Evaluation Poverty is so misunderstood in the eyes of people who have never known it. It affects all age ranges and all aspects of life. It doesn't care if you skip a meal, miss a payment on your mortgage, or lose your car, it will still be there when you wake up. The most heartbreaking part is the fact that we live in a world that is "dog eat dog", instead of a world where we care about people more than our successes. What these children and their families went through in this documentary is unfair. Humanity should look out for humanity, but unfortunately, that is not how the world works. Speaking from my experience and what I saw from the children in the documentary, we have a different perspective on life. We learned very early on that even if we didn't have much we were blessed. We were thankful for even the smallest of things. We used our experience with poverty to be our motivation to become better as we got older. Poverty shaped us to have a better understanding of the world and not take things for granted which is a trait that many people lack.</p>	<p>Step 6 Action Plan Everyone fights silent battles...Poverty could be that battle for someone. My goal is to use what I learned from my experiences growing up and this documentary to be mindful and compassionate about what people may be silently dealing with. I plan to bring this perspective into the hospital setting as well to ensure that I can provide the best possible care to my patients. I will let this documentary be a reminder to me of all the reasons I have to be thankful because there are others in this world who are not as fortunate.</p>

