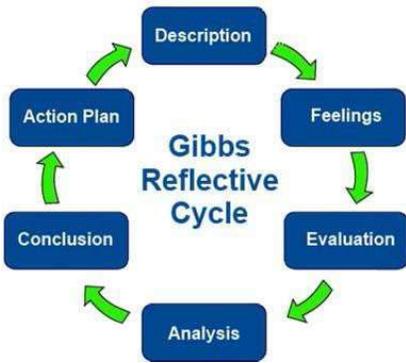


Covenant School of Nursing Reflective Practice



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 eg. personal / patients / colleagues' perspectives?
<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?

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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</p> <p>The documentary follows multiple children whose families are not able to make enough money to provide for all their needs. The documentary takes place from 2012 to 2017 when I was 13 living with my family in Slaton Texas to when I was 18 graduating high school. Some of the children say they are starving and are not able to eat multiple meals a day.</p>	<p>Step 4 Analysis</p> <p>I think it is important to notice that regardless of race, the children who are in similar situations experience the same feelings. There are many ideas about welfare and the other government assistance there are for impoverished families, but I believe that this documentary expresses the importance of these programs. The broader issue is that our country has enough wealth to offer these people more aid. Our country is currently sending billions of dollars to other governments to aid them when we still have people starving in ours.</p>
<p>Step 2 Feelings</p> <p>At the beginning of this documentary, I was feeling very disheartened by these children's situations. I was thinking that no one asks to be born and when we are we are we have no control over our situations. The events made me feel grateful towards my family for the hard work they put in to raise me.</p>	<p>Step 5 Conclusion</p> <p>I don't know how I could have made this situation better as I am not very financially well off myself. The only way I could think of helping would be to volunteer at our local shelters and food banks. I have learned that I should be more grateful to my family for giving me the childhood I had, and to be sure that I am able to provide for my children before I have them.</p>
<p>Step 3 Evaluation</p> <p>It was difficult to hear how mature the thoughts of these children were. They are thinking about ways to earn money to help support the family, like collecting cans. This was difficult to see because I grew up crushing cans with my grandfather and remember being annoyed that we had to spend hours on the process. I did not expect the mother of one of the impoverished families to become pregnant.</p>	<p>Step 6 Action Plan</p> <p>Overall, I think this documentary has shown me the importance of treating all patients equally. Even if my future patients are angry towards me, I understand that the anger could be coming from a place that you can only understand if you are in their position. I also think that the school system needs to do a better job helping children in difficult positions because it was difficult to see that one of the boys dropped out of school and was never reached out to.</p>