

## 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><b>Step 1 Description</b>          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"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eq. personal / patients / colleagues'</li> </ul>
<p><b>Step 2 Feelings</b>          Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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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><b>Step 1 Description</b></p> <p>The documentary “Poor Kids” is a raw, eye opening glance into the lives of just a few different families and real-life situations of poverty that are happening all over the world. I was quickly humbled as I watched this documentary on my laptop, in the comfort of my home. As I watched the events that unfolded in the lives of these individuals, I couldn’t help but stop and remind myself to be grateful for all of the privileges I am blessed with in my life. The ability to work, to have health insurance, to have a roof over my head, to have the opportunity to receive a higher education.</p>	<p><b>Step 4 Analysis</b></p> <p>We all know the saying, “you are a product of your environment.” Which I believe to be true to an extent. We cannot always change our situation, but we DO get to choose how we respond to it. This documentary was a good reminder that we create our future, and we choose our happiness even in the little moments. We can buckle under the pressure and the coal that life throws at us, or, we can use that coal as fuel to our fire, to make a better future for ourselves and our loved ones.</p>
<p><b>Step 2 Feelings</b></p> <p>As I learned the story of “Poor Kids”, I felt the full range emotion that we as humans are all entitled to, but from an empathetic lens. My heart filled with heaviness as I watched these children and parents having to make real world, heart wrenching decisions regarding how they’re going to make it to the next day; what they’re going to do for their next meal. I believe empathy was the looming feeling that hung over me during this documentary, as I cannot fully comprehend what these humans have been through, and no matter how much my heart ached for them, I will never truly understand what it was like for them, and to walk in their weathered shoes.</p>	<p><b>Step 5 Conclusion</b></p> <p>This series is a huge eye opener as to how we as a society, MUST have more resources for those living in poverty. No one should have to make the choice of going hungry, or fear where their next meal is going to come from, or where they will lay their head that night. Health care, shelter, food and water are necessary for survival, and no matter your social or economic status we all should have access to these basic necessities without compromise.</p>
<p><b>Step 3 Evaluation</b></p> <p>The outcomes of the different families in this series really speaks volumes to how we can get caught in a repetitive cycle, and how “water seeks it’s own level”, in the sense that we are our environment, unless we actively break that mold. Some of the stories proved this, that when the kids grew up they began the same viscous cycle that will keep history repeating itself. In the case of one boy dropping out of high school, this is just one way that that cycle starts to repeat itself. On the other hand, one of the girls in the documentary used that hardship as the fuel to her fire to break that cycle, to get scholarships and make her way through the difficulties to better herself and her future.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, this was a very humbling reminder to practice gratitude for what we are blessed with, as well as to advocate for others that may not be able to. It is also a reminder that we MUST be the change. We, as nursing students are the future of healthcare. We have to be the changes we wish to see in the world. We have to be the ones to speak up about issues we see happening, or else nothing will change. Summed up with a quote from Barack Obama: “Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.”</p>

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