



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.

Step 1 Description

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

- 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?

Step 4 Analysis

- 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 (e.g. personnel / patients / colleagues)?

Step 2 Feelings

Don't move on to analyzing these yet, simply describe them.

- 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?

Step 5 Conclusion

- 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?

Step 3 Evaluation

- 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?

Step 6 Action Plan

- 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?

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>In the video "Poor Kids" I watched is a documentary about young children and their families going through poverty in America. It took place in 2012 when they were children but towards the end of the documentary it took place in 2017. I was able to see the struggles they went through and the outcome of their situations.</p>	<p>Step 4 Analysis</p> <p>We live in a harsh world, in my opinion. You log on any social media and there is a "day in my life" video. It consist of all the aesthetically pleasing things of life. Meanwhile there's a child or an adult on the other side of the phone who could be facing a life threatening disease, eviction notices, never ending bills, water and lights being shut off. We take many things for granted in life and never think about the trials another person may be facing.</p>
<p>Step 2 Feelings</p> <p>As I watched the film it brought a lot of mixed emotions. I felt really sad for the children. I have such a soft spot for children going through poverty. It reminded me growing up with my cousins while we watched our parents give up everything for drugs. It's something we never asked for. Although the film didn't relate to drug addiction; I could definitely relate on going without. Even the last two years of my life have been hard as a mom. There's been days we come home from school with the light being shut off. There's also times when I can't give my kids everything they need. Somehow- I see God in all the details and his provision. It's been tough trials but it has taught us everything. It brings me to a bible verse from Philippians 4:12-13 " I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength." Although the video was sad, I found comfort in their stories.</p>	<p>Step 5 Conclusion</p> <p>Although we may not be able to save a lot of people in America from poverty, I believe we can make a difference on their outlook of life. We can make a difference with kind gestures and encouraging words. It can be as simple as showing up for people and hearing their cry for help.</p>
<p>Step 3 Evaluation</p> <p>Even though the children endured much it taught them how to appreciate the small things in life that the good Lord provides to us. Also it taught them how to think and possibly overcome some things their parents couldn't. Sometimes we go through things to grow through it. That was the best outcome from a situation like this.</p>	<p>Step 6 Action Plan</p> <p>I can only hope and pray that I will bring more love to the nursing world. With that being said; I want to take my life experiences and valuable lessons I learned from the film to have grace on patients. We never know who is facing a tough reality outside of the hospital or clinics. It teaches me to take a step back, connect with my patients, get to know their story and be intentional.</p>