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Covenant School of Nursing Reflective

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 eg. personal / 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?

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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.

Step 1 Description	Step 4 Analysis
• Three families share similar economical situations and come across difficult times. Each individual with their own point of view sharing their experiences. As the movie ends, we get a glimpse of what they have accomplished in four years time.	• This was only a snapshot of how some people live in the United States. There are others who have no roof over their heads and go hungry for days. It is a growing epidemic that has the possibility to surge, this group of people need resources, teaching, and patience.
Step 2 Feelings	**Step 5 Conclusion**
• In the beginning I was feeling sympathetic about their hardships. It made me realize how quickly things can change from day to night, many of the individuals spoke about having it all one and losing it the next. I feel as if no one is ready for such a drastic change without any time to be able to adjust to it.	• Although I believe in saving for a rainy day, I understand that is not a luxury many can afford. These fathers where actively looking for jobs, but were unable to attain a steady one. There is a job shortage, and the few jobs that are available are sometimes difficult to come by. It is difficult to persevere when you feel as if the odds are against you, but it is best to treat the experience as a learning moment and be able to grow from that.
Step 3 Evaluation	**Step 6 Action Plan**
• Many of the individuals spoke about wanting to better them selves and have the chance of a better future by pursuing school. I believe these individuals had to grow up a little faster than most and had to make more assertive choices at a young age. Having a difficult home situation motivated them to want to do better for not only themselves, but their family as well.	• I can learn from the experience of others on what to look for, and what resources or teaching I can be able to apply. Each individual has their own unique trial and it is important to be able to have the compassion to listen to them to not only better understand them but help them as well.