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.

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' perspectives?
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
‘Poor kids” is a documentary that follows the lives of three impoverished families. All the families are below the poverty line. One family is even currently staying in a shelter.	After close analysis I still felt the parents where recovering drug addicts. One family didn’t seem to use drugs, but where lazy and caused one child to seek out a better future with his grandmother.
Step 2 Feelings	**Step 5 Conclusion**
Initially I didn’t know how to feel about the documentary. I come from a lower middle-class to poor family as well. Majority of the video I was frustrated with the parents due to the fact they weren’t really trying hard enough and most seemed to be recovering drug addicts or lazy. I also was irritated with none of the wives working. One family was expecting another child and couldn’t afford the two they had. I thought the video was a poor representation of families that fell on hard times.	My conclusion of the video was ultimately negative. The documentary seemed more like exploitation than awareness. I couldn’t help but think if the families where indeed so impoverished how did they end up on this documentary and how after five to seven years no one’s life improved, but johnny’s.
Step 3 Evaluation	**Step 6 Action Plan**
After completing the video, I evaluated the parents where drug addicts and most hadn’t gradated high school. They seemed to be ultimately underachievers that created dark spaces for their children and generational curses.	I did feel the children had taken their situations into consideration and wanted more out of their own lives. Majority of the kids knew staying in school and working hard on a job would eliminate the fates their parents had created for themselves and that was a positive.

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