



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><b>Step 1 Description</b> The video shows how poverty doesn't discriminate. It puts into light how these are so many people in our world struggling to survive. How our environment is slowly becoming inhabitable for the lesser. We see how money can impact a child's development.</p>	<p><b>Step 4 Analysis</b> Kayla is wise beyond her years and to see how she was happy in the car ride and once she gave her dog up it finally hit her how hard it really was. Her mother had that look in her face, the look of disappointment. Many of these parents in the video are lost and are just looking for a helping hand to hold.</p>
<p><b>Step 2 Feelings</b> Seeing how other people in our world have to get creative to survive makes me feel hopeless in a way. You want to Step in and give everything that you can, but it's just not possible. The normal role of a kid should not be to doubt their parents. That seems to be the trend in these videos when it comes to having to live paycheck to paycheck.</p>	<p><b>Step 5 Conclusion</b> I think that providing good simple education about how to manage money and gain useful life skills could go a long way. Education can only work as long as the ones that need the knowledge want to learn it. An alternate idea might be to make small communities where people, that struggle to maintain living can help each other by assigning roles and tasks.</p>
<p><b>Step 3 Evaluation</b> The children in the video have had to grow up to soon. They have adopted their parent's responsibility and make difficult decisions. One scene that stood out to me was when Kayla had to give up her dog when losing their house.</p>	<p><b>Step 6 Action Plan</b> I hope to take these experience as use them when helping others in society. We truly never know what people have going on in their lives. Working and sleeping is not a way to live, but that is how these parents live their lives. Those are the things that the children remember the most and take with them all their lives.</p>