



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>Step 1 Description A description of the incident, with relevant details. Remember to <u>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"> • 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? 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> • 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)?
<p>Step 2 Feelings Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> • 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? 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • 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?
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • 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? 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • 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>What happened? Different kids and families had to navigate the difficulties of living in poverty. One family had a single mother who didn't make enough to make ends meet and the two other families had been financially secure previously but fell on hard times.</p> <p>The kids in the video were between 9-14 years old at the beginning of the video, then were followed up with 5 years later.</p> <p>The children were all affected in different ways, however they were more similar in their feelings about being poor.</p>	<p>Step 4 Analysis</p> <p>I wish that the follow-up had found these families in a better situation. Five years later they had improved some, but for the most part they were still on hard times. As a parent now although we aren't under the poverty line, it seems that there is never enough money to purchase all the things we want and need. Some months are harder than others to have all the bills paid and it feels like a constant wheel of hustling to grow financially and never making any progress. I can see how the years can pass very quickly, and still be stuck in the same position.</p> <p>The kids 5 years later were still being affected by the stressors they felt during their formative years. One of the boys dropped out of high school, one got into brief trouble with the law, and another was held back a grade.</p>
<p>Step 2 Feelings</p> <p>Listening to the kids talk about being poor made me reflect on my own experiences as a teenager and the hard times my parents faced to make ends meet. The most important feelings I had about the video were compassion and empathy. As a teen there were some months that our electricity and water were shut off. We had to go to my aunt's house to shower and do homework. It was embarrassing and stressful, so I can relate to how these kids felt.</p>	<p>Step 5 Conclusion</p> <p>How could others have made the situation better? I feel that the school district that didn't allow the kids to enroll should've have seen the importance of the children being in school. They could have potentially fallen through the cracks had too much time passed.</p> <p>Kids who live in poverty must face adult situations while navigating through the toughest years of a person's life.</p>
<p>Step 3 Evaluation</p> <p>What went Good? The parents weren't neglecting or abusing the kids, they were trying to give their kids a loving environment despite their circumstances. What was difficult? Although the families were working very hard to find enough money to catch up on the bills and get back on their feet, they couldn't manage to get where they wanted to be. The single Mom didn't have a partner she could rely on for emotional support and was diagnosed with depression. A couple of the kids couldn't enroll in school because they were living in a motel, so some of the school year was missed. Most of the children talked about being hungry most of the time and being embarrassed at school because of their family situation.</p>	<p>Step 6 Action Plan</p> <p>I learned that the people that are going to serve in our community could very well be facing these hardships daily. As practicing care givers, we must do our best not to add judgement and stress into the lives of the people we are called to "heal".</p> <p>In the future I will do my best to look beyond the notion that the patient is non-compliant or doesn't want to put forth the effort to "Get better". There are so many internal struggles that people face, that no one may know about.</p>