# Reflection Journal - Pulling it all Together

## Activity 8.2

Looking back through the journal reflections you made throughout the course, can you find a strategy from each of the modules that all tie together on a particular topic to solve or ease a problem you, or the person in your care, face? Maybe you're not trying to solve a problem; if not, perhaps just consider the various approaches to one of the course's topics that you want to embrace in the future. Use the example below as a guide.

**Example:**

| | |
|---|---|
| **Problem** | The person in your care experiences chronic back pain. |
| **From Module 2** | You recognized an approach to determining the extent to which the person in your care is in pain. |
| **From Module 3** | You realized that there is a way to build just a bit more activity into the daily routine of the person in your care, and this might help lessen this pain. |
| **From Module 4** | You wondered (after talking with your doctor) whether making a few small nutrition changes to prevent constipation may help the pain. |
| **From Module 7** | You noticed that when the person in your care is enjoying conversation with other people, the pain doesn't seem so bad. |