

Reflection and Action Plan in Nursing Practice

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Reflection is an essential part of the practitioner's activity as it aims at stimulating the professional to improve the skills and learn how to deal with difficult situations (Eaton 2016). When reflection is applied, the practitioner becomes more experienced and confident of his/her abilities (Jasper 2006, Blair & Deacon 2015, Howatson-Jones 2016). A reflective person is open to communication in the way of gaining the best outcomes for the patients. Critical thinking is considered an inseparable part of reflective practice (Lillyman & Merrix 2012, Thompson & Pascal 2012). Inability to accept criticism may be an obstruction to reflective practice as it often presupposes admitting one's fault and being ready to improve one's methods. On the other hand, being too much critical is also bad as it undermines the practitioner's confidence in his/her knowledge and skills (Ely & Scott 2007).

The reflective cycle proposed by Gibbs is considered one of the most efficient models (Ely & Scott 2007, Scaife 2010, Bulman. & Schutz 2013). It includes the following stages: description, thoughts and feelings, evaluation, analysis, conclusion, and action plan (Ely & Scott 2007, p. 187). I shall apply this model when describing my reflection on the mentioned practice issue. The type of knowledge informing the practice is personal experience (Freeman& Sturdy 2015).

Reflection on an Identified Practice Issue

Description

I noticed that two of my colleagues often neglected the rules of hand hygiene. They did not always wash their hands or change gloves when switching from one type of work to another. Sometimes they disrespected the hygiene requirements because of the lack of time (for instance, when there was a patient delivered by an ambulance, and there was no time to spare because the person's life was in danger and every minute was crucial).

Sample Np Reflective Notes

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Sample Np Reflective Notes: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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