

Personal Reflection On Practicing A Clinical Skill Nursing Essay

This essay will discuss a clinical skill in which I have become competent in practicing. I will use a reflective model to discuss how I have achieved the necessary level of competence in my nurse training programme. The reflective model I have chosen to use is Gibbs model (Gibbs 1988). Gibbs model of reflection incorporates the following: description, feelings, evaluation, analysis, conclusion and an action plan (Gibbs 1988). The model will be applied to the essay to facilitate critical thought, relating theory to practice where the model allows. Discussion will include the knowledge underpinning practice and the evidence base for the clinical skill. A conclusion to the essay will then be given which will discuss my reflection skills, acknowledge my competence and show my personal and professional development.

The clinical skill I have chosen to reflect on within this essay is the administration of Intramuscular (IM) injections. I have chosen this as within my first clinical placement this was a widely used method of drug administration and I became involved in the process of IM injections. I therefore researched the topic of IM injections and my knowledge within this area developed.

The first stage of Gibbs (1988) model of reflection requires a description of events. I was asked to administer a drug to a patient via IM injection. I had observed this clinical skill on a variety of occasions and had previously administered an IM injection under supervision. On this occasion I was being observed by two qualified nurses, one of which was my mentor. The drug had been drawn up and was ready to be administered and the patient consented to have a student administer the injection. My mentor was talking me through the procedure step by step and informed me that I should use an alcohol wipe to cleanse the injection site, when the other nurse interrupted and said that this was not necessary. This was in front of the patient, who then requested that the alcohol wipe was omitted as on previous occasions this had caused a stinging sensation. My mentor said that this was acceptable and I continued to administer the injection, omitting the use of the alcohol wipe. On the previous occasions when I had administered IM injections I had not cleansed the site and had never been instructed to adopt this practice.

I am now going to enter into the second stage of Gibbs (1988) model of reflection, which is a discussion about my thoughts and feelings. I was aware of being under the supervision of two qualified nurses and this made me feel very nervous and self conscious. Once my mentor questioned my practice, concerning skin cleansing, I became even more aware of feeling nervous and under pressure. The patient was present and I did not want the patient to feel that I did not know what I was doing. I thought that as I had been observed carrying out this clinical procedure on many other occasions then my practice must have been seen to be correct. I was now feeling very confused about the use of alcohol wipes in the administration of IM injection. I was also concerned that the practice of the qualified nurses was so inconsistent, which led me to evaluate the whole process.

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Robert R. Redfield



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Reflective Writing for Nursing, Health and Social Work Elizabeth Tanguay, Peter Hanratty, Ben Martin, 2025-07-10 This book takes students step by step through the process of planning and writing a reflective essay beginning with crucial guidance on planning and structure It introduces different reflective frameworks and shows readers how to structure a piece of writing according to a particular framework Chapters contain a wealth of activities and exercises which will help build students skills and confidence The new edition will feature guidance on working with AI tools as part of the reflective writing process and will help students understand the benefits the risks and how to maintain academic integrity The book will also feature a new introductory section about getting into the reflective mindset Suitable for students of all health related disciplines this book will give readers the key tools they need to take their writing to the next level **Critical Thinking and Writing for Nursing Students** Bob Price, Anne Harrington, 2016-01-30 This book is a clear and practical guide to help students develop critical thinking writing and reflection skills It explains what critical thinking is and how students should use it throughout their nursing programme This new edition also provides an innovative new framework that helps students appreciate different levels of critical thinking and reflection to help nursing students appreciate the requirements of degree level study The book demonstrates the transferable nature of critical thinking and reflection from academic contexts to the real practice of nursing Key features Clear and straightforward introduction to critical thinking directly written for nursing students with chapters relating the subject to specific study and practice contexts Student examples and scenarios throughout including running case studies from four nursing students and further annotated examples of student s work on the website Each chapter is linked to the new NMC Standards and Essential Skills Clusters Writing for Nursing and Midwifery Students Julio Gimenez, 2024-02-08 Combining the theory and practice of academic writing this book helps you to master the basics of writing at university It equips you with the skills needed to examine cognitive processes such as reflection and critical thinking and includes essential information on referencing your work correctly and avoiding plagiarism A comprehensive writing toolkit for students of nursing midwifery health and social care it provides a step by step approach to a whole range of genres specific to these disciplines going beyond the traditional academic essay to include care critiques action plans portfolios and systemic reviews as well as complex argumentative writing and the undergraduate dissertation proposal It also offers help with texts for professional development such as portfolios and conference abstracts Supporting you throughout your degree this new edition includes A new section on making effective notes An updated section on reflection including the latest reflective models A wider range of examples covering areas such as mental health children and learning disabilities in nursing and midwifery care and A self assessment quiz and achievement chart to help you track your learning as you work through the book Written in a lively engaging and accessible style this book is an invaluable companion for students at all levels and will give you the confidence to succeed on your course **Reflective Practice in Nursing**

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Critical Thinking and Writing in Nursing Bob Price, 2024-02-02 Critical thinking and writing is central to effective nursing practice Written specifically for nursing students this book offers practical guidance on what it means to think critically as a nurse and how to apply this to study and practice From critically reviewing literature for assessments to evaluating evidence to support decision making in practice the book provides a unique framework for developing essential critical skills Key features Each chapter is mapped to the 2018 NMC standards Includes new guidance on developing resilience reflective essays and practice templates and portfolios Filled with activities and student case studies demonstrating how to apply critical thinking and reflection in practice Innovative approach that introduces the different levels of critical thinking and reflection required of degree level study

Doing a Literature Review in Nursing, Health and Social Care Michael Coughlan, Patricia Cronin, Frances Ryan, 2013-03-25 How do I start my literature review What sources can I go to for information How do I analyse the work of others This clear practical book guides readers undertaking their own literature review through the process giving them the skills and knowledge they need for success The chapters address Different types of literature reviews Critically analysing material Presenting the final piece of work Best practice in referencing and plagiarism Systematic approaches to literature reviews A wide range of examples from books journals and other sources are included to demonstrate the process in action Each chapter also includes activities and checklists to help readers develop their own work It will be an essential guide for all nursing and all allied healthcare students as well as professionals working in practice

EBOOK: The Student Nurse's Guide to Successful Reflection: Ten Essential Ingredients Nicola Clarke, 2017-11-16 This book is an easy to read practical guide that will show you what reflection is and how you can do it successfully Assuming no prior knowledge it introduces you to ten essential ingredients to becoming an effective reflective practitioner Chapters will equip you with evidence based understanding and ideas for

application to your own situation and support you to become an emotionally resilient self aware individual who can reflect and improve on your practice In clear and supportive language Nicola Clarke will guide you on your journey to developing the crucial reflection skills you need for your career as a nurse The book includes A step by step exploration of what reflection involves Ways to develop the skills you will need to do your own reflection A how to approach to using reflective models Practical and jargon free guidance on how to reflect A chapter on reflective writing Chapters about qualities you will need in your reflection such as being person centred and empathetic The Student Nurse s Guide to Successful Reflection is a must have text for all nursing students as well as useful reading for those involved in supporting them With a Foreword by Theo Stickley Associate Professor University of Nottingham UK Reflection is a way of being encompassing many ingredients Clarke with great thoroughness and care introduces these constructively supporting students towards developing self insight and understanding of others Her advice explanations illustrations and exercises are lucid and paced helping nurses towards sufficient strength to undertake the developmental change which effective reflective practice brings And to become practitioners who are far more than competent nurses who are calmly self aware receptive and perceptive Gillie Bolton PhD former Senior Research Fellow Medicine and the Arts King s College London UK Reflection is a much discussed topic in nursing but some students find it difficult to reflect on their own practice Nicola Clarke s ten essential ingredients provide a clear and explicit guide to effective reflective practice and as such this should be a key text for all student nurses The chapters of this new text offer clear learning outcomes practical advice and models to follow in order to develop a genuine honest and balanced reflective writing style It is an engaging and informative read which promotes understanding of this important process Anita Savage Grainge RMN RGN RNT Senior Lecturer University of York UK An engaging book which deals with the complexity of reflection in a clear logical and in depth manner Developed around her extended definition of reflective practice Clarke clearly and logically enables the reader to build their understanding of reflective practice by focusing on her ten ingredients The structure of the book focusing on two ingredients in each chapter allows Clarke to provide clarity whilst at the same time showing the reader how the ingredients fit together to build a whole that is greater than the sum of its parts The focus on critical and analytic skills as well as person centredness based on Rogers core conditions provides a strong theoretical basis for students to understand reflective practice The use of questions and examples throughout are engaging and will be useful for students and tutors alike I think this book will be excellent for all healthcare workers students and qualified alike Whilst it is aimed at nurses the principles apply across healthcare I think it is a real gem and certainly the best book I have read about reflective practice Dr Rosie Stenhouse Nursing Studies University of Edinburgh UK

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