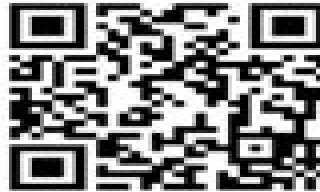


Gibbs Reflective Essay Nursing



For the purpose of my Reflective essay. I will use Gibbs Reflective Cycle 1988 to help me analysis my feelings and describe a situation that happened within my role as a Health care worker within a hospital ward setting. It will help me to gain an evaluation of the experience that I gained though a situation if it was to happen again.

Description

Whilst on duty on a general ward I was asked by my senior [nurse](#), if I could go down to the pharmacy to pick up some new medication for a new client, who would be needing them at lunch time. On my way to get them, I was approached by another health care assistant who requested my help with a client, who was lying in their own faeces. I therefore felt that the medication could wait, and that my main [show more content...](#)

I therefore felt annoyed with myself for not discussing with my senior about the issues, as I thought I had made the right choice. I therefore was more concerned about the comfort and general health of the client wellbeing, and could not justify leaving a client in this state.

Evaluation

After choosing to help my co-worker, to ensure that the client was kept clean and comfortable, I felt that this was my main priority in this situation. As an accountable Healthcare worker it sates within my code of conduct. That I have to make sure that I give care to all clients and treat every person as an individual, with dignity and respect at all times. However, I could still see, and understand why that staff nurse had to explain to me why I had to listen and take instruction.

Analysis

As an individual we all have to have a better concept with time management, and how well we use it within our working lives. It is therefore very important that I try to keep to it within my working practise and look towards Maslow's theory. Which focuses on the way that we understand our needs and differentiating them and setting time limits, on getting everything done. So that we do not enforce on after essential areas of your

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