Sample Reflective journal

The following are extracts from a Reflective journal written for the course, Reflective Nursing Practice 1 by a first year student, Chrissy Poulos:

CHRISSY POULOS - REFLECTIVE JOURNAL

Excerpt from Week I

Defining nursing is a tough one. I am not sure about the ins and outs of it yet. But I will write what I think of it now. This should make for some good laughs when I read back at the end of semester (study period)! It is about caring for people. I guess I see it as a job where you have to give of yourself physically, and by physically I mean doing things like making beds. But you also have to give a lot of yourself emotionally. Dealing with people a lot of the time, this is not really surprising. I see nurses as being privileged in a way. I mean you are allowed to share some intimate moments with people. Births. Deaths. All this is not to say I have romanticised the whole occupation. I do realise you have to wipe people's bums too! Now I'll try to incorporate some of what we have learnt this week into this definition.

All of this is underlined with the premise that the role of the nurse is to guide people on the path to wellness. Not simply cure their illness. I really enjoyed the reading on wellness and I am pleased to see that this program is so how do I put this? — new age? My mother has been a believer in the wellness idea for a long time. She is a physio. She will probably be mentioned quite a bit in this journal, as she is a very influential person in my life. (Incidentally, I see nursing as a craft, an art and a vocation).

Excerpt from Week 2

I love history and see great value in it for the following reasons. It is fascinating. Nothing is more valuable or wonderful than immersing yourself in all the different beliefs that people held in former ages. Not only what their beliefs were, but how they changed over a period of time, and why. And perhaps the most important reason for the study of history can be summed up in one sentence—'The key to understanding our present is in the understanding of our past'. Perhaps we are hoping that in learning where we have been, we will also learn where is that we are going. We hope, also, to learn from our mistakes.

OUR COMMENTS

Here Chrissy in her first week of the nursing program writes about what nursing means to her at that time. Each week she responds to questions set in the Course Outline

Notice the use of personal writing with 'I'

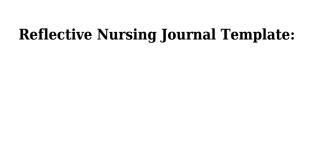
Chrissy makes a link to one of the readings on 'wellness' set in the Course Outline. Note: She should have put the name and date of the source in brackets as for all referencing.

Again Chrissy responds to the Course Outline question and to her reading.

She relates the topic to a previous life experience.

Reflective Nursing Journal Template

Sebastian Brünink



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