

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).

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Table of Contents Sample Np Reflective Notes

1. Understanding the eBook Sample Np Reflective Notes
 - The Rise of Digital Reading Sample Np Reflective Notes
 - Advantages of eBooks Over Traditional Books
2. Identifying Sample Np Reflective Notes
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sample Np Reflective Notes
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Np Reflective Notes
 - Personalized Recommendations
 - Sample Np Reflective Notes User Reviews and Ratings
 - Sample Np Reflective Notes and Bestseller Lists
5. Accessing Sample Np Reflective Notes Free and Paid eBooks
 - Sample Np Reflective Notes Public Domain eBooks

- Sample Np Reflective Notes eBook Subscription Services
- Sample Np Reflective Notes Budget-Friendly Options
- 6. Navigating Sample Np Reflective Notes eBook Formats
 - ePub, PDF, MOBI, and More
 - Sample Np Reflective Notes Compatibility with Devices
 - Sample Np Reflective Notes Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sample Np Reflective Notes
 - Highlighting and Note-Taking Sample Np Reflective Notes
 - Interactive Elements Sample Np Reflective Notes
- 8. Staying Engaged with Sample Np Reflective Notes
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sample Np Reflective Notes
- 9. Balancing eBooks and Physical Books Sample Np Reflective Notes
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sample Np Reflective Notes
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Sample Np Reflective Notes
 - Setting Reading Goals Sample Np Reflective Notes
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sample Np Reflective Notes
 - Fact-Checking eBook Content of Sample Np Reflective Notes
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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