

### 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:

#### CHRISSE POULOS – REFLECTIVE JOURNAL

##### Excerpt from Week 1

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

**Judith Herrman**



## **Reflective Nursing Journal Template:**

**Innovative Strategies in Teaching Nursing** Emerson Ea, Celeste M. Alfes, 2020-04-10 Note to Readers Publisher does not guarantee quality or access to any included digital components if book is purchased through a third party seller This innovative text delivers more than 40 evidence based teaching strategies that educators can use to engage nursing students and enhance their learning in a variety of teaching environments It provides a wealth of new teaching designs both novice and experienced faculty can use to inspire and motivate learners in the classroom through simulation online and in community or hospital settings Strategies developed by leading clinical nursing and health educators characterize nursing education as a dynamic and highly specialized field that stems from meaningful interactions between learners and educators For ease of comparison each practical teaching strategy is organized in a consistent format to include student centered competencies and nursing education accreditation standards The text also provides a template and a step by step guide on how to customize the strategies to fit the needs of learners and educators The designs include an emphasis on applications of technologically enhanced innovations in nursing education interdisciplinary collaboration and the use of the humanities and art This text answers the ongoing call for interprofessional education necessary to prepare the next generation of expert nurses in the rapidly changing environment of healthcare Key Features Evidence based research used in the development of each teaching strategy Groundbreaking practices in a variety of environments will challenge the discipline and spark additional innovations throughout nursing Each chapter provides optimal learning outcomes and teaching objectives preparation resources modules of implementation methods to evaluate the effectiveness of each strategy outlined limitations and accreditation standards Instructor's Manual included

### **Transforming Nursing Through Reflective Practice**

Christopher Johns, Dawn Freshwater, 2009-02-05 Reflective practice has been widely adopted as a successful method for developing nursing The second edition of Transforming Nursing through Reflective Practice provides a wealth of new insights from practitioners actively involved in reflective practice in nursing research education clinical practice and practice development This invaluable book enables nurses to continually evaluate their own practice in order to inform their approaches to reflection critique develop and monitor their professional practice and thereby improve the quality of their patient care There is a greater emphasis in the new edition on transforming practice the research base for reflective practice and grounding the reflective process in clinical practice Examines the contribution of reflective practice to nursing Enables nurses to continually develop their practice and improve patient care Includes insights from many areas of clinical practice Explores the role of reflection in clinical supervision and research studies Examines the role of narrative and reflective dialogue in reflective practice

*Common Foundation Studies in Nursing E-Book* Jenny Spouse, Michael J. Cook, Carol Cox, 2008-01-09 This title is directed primarily towards health care professionals outside of the United States Now revised and fully updated in line with developments in nurse education this fourth edition will prove indispensable to pre registration

nursing students on the Common Foundation Programme It provides an essential guide to working in health care settings and prepares them for entry to their chosen branch programme It will also be of relevance to other health care professionals such as health care assistants An essential guide to working in health care settings for pre registration nursing students that prepares them for entry to their chosen branch programme Student friendly format with extensive case studies activities boxes and further reading STUDENT FOCUSED Activities and case studies help make learning more interactive and fun CURRENT Reflects changes and trends in healthcare NEW LAYOUT Sections reflect the Nursing Midwifery Council 4 domains of knowledge that are used to assess progress NEW MATERIAL Anatomy Physiology What it s like being a Nursing student Care Delivery Communication Skills Decision Making and Record Keeping Health and Safety Hygiene Nutrition Study Skills and using IT PATIENT CENTRED FOCUS Reflects the needs of diverse cultures

**The Essentials of Nursing and Healthcare Research** Ruth Taylor, 2013-10-11 For some students research can be a daunting and intimidating topic when beginning your degree This lively book helps you understand why research is important gives a straightforward account of the essential knowledge that you will need and demystifies the language and process of research It focuses on the skills you will use throughout your degree and how research and evidence can make a difference to the world you will encounter in practice It outlines What research is Qualitative and quantitative approaches The practicalities of doing research Using evidence in practice The chapters are full of practical tools and draw on a range of student experiences making it the perfect textbook for undergraduates Ruth Taylor is a Professor of Nursing and Deputy Dean at Anglia Ruskin University

**The Trauma-Informed Psychiatric Nurse's Toolbox** Katie Trinity Sutton, The first comprehensive toolkit designed specifically for psychiatric nurses working with trauma survivors This practical guide transforms complex neuroscience into immediately usable skills for daily practice Discover evidence based techniques for de escalation communication and self care that dramatically improve patient outcomes while preventing professional burnout Packed with case studies from real clinical settings this resource provides clear frameworks for managing challenging situations including acute agitation flashbacks dissociation and suicidal ideation Each chapter builds essential skills through detailed examples scripts and step by step protocols that can be implemented immediately Unlike theoretical texts this toolkit offers concrete intervention strategies through printable worksheets assessment tools quick reference guides and validated scripts that have been field tested in psychiatric settings Learn how to recognize trauma triggers provide effective grounding techniques maintain therapeutic boundaries and build lasting patient trust The included self care section provides essential strategies for preventing compassion fatigue and vicarious trauma ensuring sustainable practice throughout your nursing career Perfect for new graduates experienced clinicians and nursing educators seeking to integrate trauma informed principles into psychiatric care This comprehensive resource fills a critical gap in psychiatric nursing literature by providing specialized approaches for different trauma types and populations The decision pathway maps guide complex clinical reasoning during

high stress situations while the professional development framework supports continuous growth in trauma informed excellence Transform your practice with this essential resource that bridges theory and application creating healing environments for both patients and providers      *Reflective Practice in Nursing* Philip Esterhuizen,2019-03-30 Reflective practice enables nursing students to make sense of and learn from the experiences they have each day and if nurtured properly can provide skills that they will come to rely on throughout their nursing careers Using clear language and insightful examples scenarios and case studies the new fourth edition of this bestselling book shows readers what reflection is why it is so important and how they can use it to improve their nursing practice Key features include All chapters linked to the new 2018 NMC standards of proficiency for registered nurses Updated learning features such as activities and case studies to help students apply the theory to practice      *Fundamentals of Paramedic Practice* Sam Willis,Ian Peate,2024-03-13 Fundamentals of Paramedic Practice An indispensable guide for aspiring paramedics and emergency medical professionals Paramedic practice is swiftly evolving driven by changes in the paramedic curriculum To meet the growing demands of the community student paramedics and clinicians working in out of hospital care must stay abreast of this rapid evolution Fundamentals of Paramedic Practice Third Edition contributes to driving the profession forward and provides a comprehensive accessible text authored by experienced paramedics and academics This third edition has undergone comprehensive updates introducing new chapters that provide students and recently registered practitioners with a vital overview of the theory and practice of contemporary paramedicine This is an essential resource for the next generation of paramedics and out of hospital practitioners Readers of the third edition of Fundamentals of Paramedic Practice will find A multidisciplinary approach incorporating varied and dynamic research New chapters on subjects including end of life care domestic violence and paramedic wellbeing Learning activities to aid understanding and retention Fundamentals of Paramedic Practice Third Edition is ideal for undergraduate paramedic and emergency care students as well as registered paramedics clinicians and educators      *Virtual Training Tools and Templates* Cindy Huggett,2024-09-17 A Complete Practical Toolkit for Successful Virtual Training Create the most effective virtual training solutions for your organization by using the right tools for the right learning situation In this updated edition of Virtual Training Tools and Templates online learning pioneer Cindy Huggett expands on her first edition by adding more than 80 new tools and sharing her most powerful ones to help training professionals create engaging virtual learning that leads to results Whether you re a training program manager designer facilitator or producer you ll find expert guidance on selecting the right technology working with IT colleagues designing creative programs developing activities and facilitating experiences to engage and inspire learners The new edition includes 185 checklists worksheets questionnaires templates and other training and learning aids that provide accessible effective virtual learning for everyone Tips on incorporating the latest trends in hybrid immersive and global classrooms More than a dozen tools for measuring your program s success so you can move forward

with confidence Resources to make the behind the scenes work of producers and administrators more effective For a complete reference on virtual training see Cindy s companion volume The Virtual Training Guidebook second edition which offers step by step advice for planning designing and building high impact programs These two volumes combined cover what you need to know to design and deliver successful virtual training [Beginner's Guide to Reflective Practice in Nursing](#) Catherine Delves-Yates,2021-03-24 What is reflective practice and why is it important How do I write my first reflection Learn how to carry out reflective practice quickly and easily with this beginner s guide for nurses Written for nursing students and registered nurses this book helps build confidence in writing reflectively by using clear step by step guidance insightful case studies learning activities and by addressing commonly asked questions from nurses and nursing students The book has three sections the first starts with a simple model to help students practice a first reflection and explains how to use reflection as part of assessed work at university The second section focuses on reflecting in practice and finding the time to do it in busy work situations The final section helps students to think more deeply about models and theories of reflection to develop the skills they will need to pass the final year of their course Essential reading for any nursing student new to reflective practice or registered nurse wanting to improve their reflective writing skills

**Becoming a Reflective Practitioner** Christopher Johns,2022-02-14 BECOMING A REFLECTIVE PRACTITIONER In the newly revised sixth edition of Becoming a Reflective Practitioner expert researcher and nurse Christopher Johns delivers a rich and incisive resource on reflective practice in healthcare that offers readers a diverse and expansive range of contributions It explores the value of using models of reflection with a focus on John s own model of structured reflection to inform and enhance the practice of professional nursing This book is an essential guide for everyone using reflection in everyday clinical practice or required to demonstrate reflection for professional registration Students will acquire new insights into how they interact with their colleagues and their environment and how those things shape their own behaviours both positively and negatively Readers will learn to look in on their thoughts and emotions and look out at the situations they experience to inform how they understand the circumstances they find themselves in Readers will also benefit from Thorough introductions to reflective practice writing the Self and engaging in the reflective spiral Comprehensive explorations of how to frame and deepen insights weave and perform narratives Practical discussions of how to move towards more poetic form of expression and reflecting through art and storyboard In depth examinations of the reflective curriculum touch and the environment and reflective teaching as ethical practice Perfect for nurses in clinical practice conducting research or developing their practice the latest edition of Becoming a Reflective Practitioner is also an indispensable resource for mentors and clinical supervisors post registration nursing and healthcare students and other healthcare practitioners

**Annual Review of Nursing Education, Volume 4, 2006** Marilyn H. Oermann, PhD, RN, FAAN,2005-12-12 Designated a Doody s Core Title This is must reading for anyone teaching nursing at any level in any program or institution Covers

trends and innovative strategies to help you develop a curriculum and be more effective in using it Educators describe problems such as students who cannot write or high NCLEX failure rates and how they tackled and solved them Each chapter contains common sense approaches to every educator s questions A resource no nursing education program can afford to be without Professionalism and Reflection in Veterinary Nursing Susan Badger,Andrea Jeffery,2022-07-15 Professionalism and Reflection in Veterinary Nursing offers insight into the role of the veterinary nurse in the 21st century It provides useful information that facilitates a deeper understanding of the underlying theory that supports clinical nursing practice Exploring concepts that underpin the delivery of professional veterinary nursing the book covers core issues themes and principles that explain what it means to be a veterinary nurse The role of the registered veterinary nurse The registered veterinary nurse s responsibility to the patient Evidence based veterinary nursing Veterinary nurse trainer and educator resources A timely publication due to the increased recognition and expectations of the role of the veterinary nursing profession Professionalism and Reflection in Veterinary Nursing is ideal for veterinary student nurses and qualified veterinary nurses enabling them to contribute to the development of the professional identity Reflective Practice in Nursing Lioba Howatson-Jones,2016-02-27 Would you like to develop some strategies to manage knowledge deficits near misses and mistakes in practice Are you looking to improve your reflective writing for your portfolio essays or assignments Reflective practice enables us to make sense of and learn from the experiences we have each day and if nurtured properly can provide skills that will you come to rely on throughout your nursing career Using clear language and insightful examples scenarios and case studies the third edition of this popular and bestselling book shows you what reflection is why it is so important and how you can use it to improve your nursing practice Key features Clear and straightforward introduction to reflection directly written for nursing students and new nurses Full of activities designed to build confidence when using reflective practice Each chapter is linked to relevant NMC Standards and Essential Skills Clusters Nursing Informatics and the Foundation of Knowledge Dee McGonigle,Kathleen Mastrian,2021-03-17 Nursing Informatics and the Foundation of Knowledge Fifth Edition is a foundational text for teaching nursing students the core concepts of knowledge management while providing an understanding of the current technological tools and resources available **Issues in Nursing Research, Training, and Practice: 2013 Edition** ,2013-05-01 Issues in Nursing Research Training and Practice 2013 Edition is a ScholarlyEditions book that delivers timely authoritative and comprehensive information about Nurse Practitioners The editors have built Issues in Nursing Research Training and Practice 2013 Edition on the vast information databases of ScholarlyNews You can expect the information about Nurse Practitioners in this book to be deeper than what you can access anywhere else as well as consistently reliable authoritative informed and relevant The content of Issues in Nursing Research Training and Practice 2013 Edition has been produced by the world s leading scientists engineers analysts research institutions and companies All of the content is from peer reviewed sources and all of it is written assembled and edited by the editors at ScholarlyEditions

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**Nursing Education** Barbara Ann Moyer, Ruth A Wittman-Price, 2007-08-10 Whether you are new to teaching or an experienced educator looking for innovative techniques this new resource offers a wealth of theoretical knowledge and practical guidance from a who's who of nursing education leaders From foundational concepts curriculum development and instructional principles and methods through intervention and evaluation methods for didactic and clinical settings to technology and visions for nursing education's future every aspect of teaching is covered in step by step detail

**Creative Teaching Strategies for the Nurse Educator** Judith Herrman, 2024-11-11 Be more creative in any setting Here are more than 150 practical relevant and easy to implement teaching strategies that will help you to engage your students in any classroom setting develop their clinical judgment and test taking skills and prepare them for the Next Gen NCLEX Dr Judith Herrman offers techniques for active learning and student engagement gathered over many years from her own teaching experiences that are adaptable to personal teaching content reinforce evidence based learning principles and demonstrate innovation in nursing education

*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

Leadership Roles and Management Functions in Nursing Bessie L. Marquis, Carol Huston, 2019-12-18 Employing an experiential active learning approach to leadership and management the 10th Edition of this best selling text equips students for success in the ever changing increasingly challenging professional nursing workforce Current comprehensive coverage details the responsibilities of high performing middle and top level nursing managers from managing conflict and working collaboratively to organizing patient care and staffing Hundreds of engaging hands on learning exercises enhance students critical thinking and problem solving skills and provide them with essential practice in making leadership and management decisions before they enter high stakes real world clinical settings Updated content equips students with the latest clinical practices and perspectives in quality and safety the influence and use of technology healthy workplaces workplace violence incivility quality measurement benchmarking healthcare reform reimbursement change management interprofessional teams and more New evidence based case studies prepare students to confidently address the growing opioid crisis More than 280 learning exercises challenge students to apply concepts to a range of



practice situations and healthcare settings Examining the Evidence features in each chapter familiarize students with new research findings evidence based practice and best practices in leadership and management Break Out Comments reinforce key ideas at a glance Content Crosswalks tie chapter content to the latest AACN AONL QSEN and ANA standards and competencies to clarify and emphasize clinical relevance A detailed instructor s manual on thePoint helps you make the most of the active learning exercises in your classroom     *Tabbner's Nursing Care* Gabby Koutoukidis,Jodie Hughson,2012-10  
This text covers a wide range of issues surrounding nursing midwifery and health visiting The topics it covers are the structure and functions of the human body nursing care and nursing needs care of the individual with a body system disorder and special aspects of nursing care This edition written for Australia and NZ students

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le montagne corse sono stupende e le strade spesso passano dal mare ai passi montani in pochi chilometri con conseguenti panorami mozzafiato questo però significa che i tempi si allungano e che per percorrere brevi distanze ci si mettono ore per questo secondo noi è meglio organizzare un viaggio in corsica itinerante

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alla fine del viii secolo fu la volta dei mori ancora oggi la bandiera nazionale della corsica ha come stemma la testa di un moro il periodo dell'occupazione della repubblica di pisa sull'isola nell'828 l'isola passò per volere di bonifacio ii al conte di

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il vento si sa può rendere meno piacevole godersi le più belle spiagge della corsica anche da questo punto di vista comunque c'è un consiglio molto semplice quando il vento spira da una determinata direzione scegliete le spiagge che si trovano sulla costa opposta così la vostra vacanza dedicata al sole al mare e al relax sarà

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