

## Reflection Paper: Nursing Experience

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Being a nurse is a great privilege for me as my dreams have come true and I am helping people when they need assistance most. For me, each day spent in the hospital is full of valuable experiences as I learn a lot every minute. Therefore, it is quite difficult to think of the most valuable experience clinically. One of such cases was during my first days in the hospital when I had to work with a very specific patient who was angry and demanding. Of course, I understood that the man was in pain and his irritation was due to his poor health condition but he was quite abusive several times. I could lose my temper and tell him off but I pulled myself together. I would come to his ward and complete my tasks always smiling and talking to him. In a few days, I knew about his major concerns and could comfort him. When he left, we parted as old friends and he was grateful for my attitude. Now I know that I can find a way to every patient's heart to comfort him/her.

This experience is closely connected with one of my 'preceptors'. She was a great model for me as she was always positive and used humor as her major weapon. She could communicate even with the 'hardest' patients who seemed to try their best to insult healthcare professionals. I learnt from her loads of valuable lessons. One of them was to be positive and try to find a path to each patient. What is more, I learnt to develop proper relationships with other healthcare professionals. This woman managed to gain authority among her colleagues and patients and everyone was respectful. Another important thing I learnt from her is teaching patients to cope with their health conditions. I noticed that those who refuse to move have more health problems than those who are trying to be active. Some of my colleagues said it was an attempt to complete fewer tasks but I believe this is a good strategy which makes patients more responsible, more active and, as a result, makes them healthier. Now I am using lots of her tricks to develop relationships with everybody and I have to say that she is a genius as all these tools really work.

As has been mentioned above, I believe I have chosen the right way and I am a good nurse who can function in all sites. However, I think that the ward is where the nurse belongs. I like being with patients and try to spend as much time as possible with them. I believe that patients need our psychological help even more than clinical services and I will go into detail on that matter below. I admire nurses who work in

# Sample Nursing Reflection Paper

**A Loxley**



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