

Nursing: a Reflective Practice Experience

Introduction

The purpose of this assignment is to provide a critical reflection of an incident that occurred within a nursing context. The assignment firstly provides a short analytical consideration of the nature and importance of reflection. Following this, the Gibbs Cycle is used to provide the framework for the reflective exercise. The structure of the assignment provides a description of the problem, personal reflections on the problem, an evaluation, analysis, conclusion, and an action plan.

Reflective Practice

The Gibbs Cycle, which is shown in figure one below, is one of several models that can aid the reflective process (Cherry and Jacob, 2005). Developed in 1988, the Cycle uses structured debriefing in order to enable the type of reflection advocated in Kolb's experiential learning cycle. Kolb drew heavily on the research of psychologists Dewey and Piaget, who argued that information is transformed into knowledge by a process of reflection (Cherry and Jacob, 2005). In other words, information can only be used in a practical sense when it is considered from a position of reasoned analysis.

Sample Of Nursing Reflective Essay

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