

## 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).

# Sample Np Reflective Notes

**JA Banks**



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