

# Reflection Has Become An Important Concept In Nursing Nursing Essay

## Introduction

In recent years, reflection has undoubtedly become an important concept in nursing, stimulating debate and influencing nursing practice and education around the world. Much has been written about the theory of reflection, the majority of which has been applied to the educational setting (Price 2004). However, the process of reflecting has been described as a transferable skill which may be incorporated into clinical practice, enabling practitioners to better understand themselves and others, and solve problems (Mantzoukas & Jasper 2004). Indeed, the capability to reflect consciously upon one's professional practice is generally considered important for the development of education and, hence, for clinical expertise (Mamede & Schmidt 2004).

Reid (1993) defines reflection as 'a process of reviewing an experience of practice in order to describe, analyse, evaluate and so inform learning about practice' (Reid 1993, p. 305). The nursing profession seems to advocate the need for nurses to be educated and practice in ways that develop their critical thinking, autonomy and sensitivity to others (Reid & Ground 1997). Bulman (2004) contends that reflective practice may provide a means of achieving this. Within an intensive care setting, some evidence exists to suggest a strong relationship between lived experience and learning, with most critical care practitioners learning from previous experience (Hendricks et al 1996). More recently, reflection has been closely associated with the concepts of critical thinking and deconstruction. It is argued that a combination of these principles create a retrospective and prospective dimension, giving the practitioner the ability to deconstruct events, to reason the origins of situations, and to consider what has gone before and what may happen yet (Rolfe 2005).

In order to be effective in practice there is a requirement to be purposeful and goal directed. It is suggested therefore that reflection cannot just be concerned with understanding, but must also focus on locating practice within its' social structures, and on changing practice (Bolton 2001). This suggests that a structured approach to reflection is of benefit to the practitioner. Indeed the use of a model or framework of reflection is advocated as a tool which can aid and facilitate the practitioner in reflection, promoting a process of continuous development (Bulman 2004).

Reflection is seen as a dynamic process and not a static one (Duke 2004), and thus the use of a framework which adopts a cyclic approach to reflective practice seems appropriate. One such framework is Gibbs' (1988) Reflective Cycle, which is adapted from a framework of experiential learning, and uses a series of questions to guide, and provide structure for the practitioner when reflecting on an experience. Gibbs (1988) highlights 6 important areas of consideration when reflecting on a specific situation, encouraging the practitioner to consider what happened, why it happened and what could be done differently in the future. The 6 components of the Reflective Cycle are outlined below:

# Reflection Essay In Nursing

**Bob Price, Anne Harrington**



## **Reflection Essay In Nursing:**

*A Reflective Essay on Wound Care. Examining Nursing Practice* Nicholas Muli, 2016-07-21 Scientific Essay from the year 2006 in the subject Medicine Other course Bsc language English abstract Wound care is an integral aspect within dispensation of holistic nursing care Reflective practice has been established as an effective methodology to learning This essay takes readers through the journey of reflective practice in the quest of delivering evidence informed nursing care Due to the fact that I am taking my overseas nurses program in an elderly care set up I have chosen to explore wound care to augment my existing knowledge and learn new skills to achieve a robust and empirically sound approach in wound management in an elderly care setting Due to its effectiveness and popularity among authors I have integrated a critical incident in this essay to form a platform from which to examine reflective nursing practice *Writing for Nursing and Midwifery Students* Julio Gimenez, 2024-02-08 Combining the theory and practice of academic writing this book helps you to master the basics of writing at university It equips you with the skills needed to examine cognitive processes such as reflection and critical thinking and includes essential information on referencing your work correctly and avoiding plagiarism A comprehensive writing toolkit for students of nursing midwifery health and social care it provides a step by step approach to a whole range of genres specific to these disciplines going beyond the traditional academic essay to include care critiques action plans portfolios and systemic reviews as well as complex argumentative writing and the undergraduate dissertation proposal It also offers help with texts for professional development such as portfolios and conference abstracts Supporting you throughout your degree this new edition includes A new section on making effective notes An updated section on reflection including the latest reflective models A wider range of examples covering areas such as mental health children and learning disabilities in nursing and midwifery care and A self assessment quiz and achievement chart to help you track your learning as you work through the book Written in a lively engaging and accessible style this book is an invaluable companion for students at all levels and will give you the confidence to succeed on your course Reflective Writing for Nursing, Health and Social Work Elizabeth Tanguay, Peter Hanratty, Ben Martin, 2020-04-23 This book takes students step by step through the process of planning and writing a reflective essay beginning with crucial guidance on planning and structure It introduces different reflective frameworks and shows readers how to structure a piece of writing according to a particular framework Chapters contain a wealth of activities and exercises which will help build students skills and confidence Suitable for students of all health related disciplines in which written assignments requiring reflective practice are required

**Reflective Practice for Nurses** Claire Boyd, 2023-01-10 Reflective Practice for Nurses Become a reflective clinical practitioner and prepare for successful revalidation with this practical nursing guide Reflective practice is increasingly being regarded as an essential tool for improving nursing practice and since reflective practice is not always intuitive there is an urgent need for an accessible guide for nurses wishing to incorporate best practices into their role Reflective Practice for

Nurses meets this need and introduces the core concepts and principles of reflective practice Designed for busy nursing professionals in want of a speedy overview and with jargon free language this is the easiest way to begin learning about reflective practice and how it can be used to support revalidation It promises to become an indispensable tool for nursing students and professionals looking to turn the sometimes fraught process of professional reflection into an asset to their practice Reflective Practice for Nurses readers will also find An introduction to 14 different models of reflection Easy to read format for nurses in high pressure professional situations Pocket sized presentation for portability and use on the go Reflective Practice for Nurses is essential for nursing students and practicing nurses looking to become more reflective and effective clinical practitioners *Critical Thinking and Writing in Nursing* Bob Price, Anne Harrington, 2018-10-29 Clear and straightforward introduction to critical thinking written specifically for nursing students with chapters relating the subject to specific study and practice contexts Includes student examples and scenarios throughout including running case studies from nursing students *A Uro-Oncology Nurse Specialist's Reflection on her Practice Journey* Beverley Anderson, 2022-03-22 This book provides a unique insight and background of a uro oncology nurse s career from a personal and professional perspective one that encapsulates the ever changing dynamics in the nursing profession over 40 years 1970 s to current 2022 In writing this book the objective is to devise a beneficial point of reference one that is conducive to enlightening individuals within the healthcare profession and the wider context on the art of reflection and acknowledging its benefits in terms of exploring their feelings and understanding their meaning Reflection is a highly beneficial tool In this context the process enables the author to reflect constructively on her nursing career and practice to highlight the positive as well as the negative aspects within that practice and illustrate how the experiences gained have contributed to her development personally and professionally throughout that journey Reflection includes deliberate reflection on experience emotions actions and responses and acknowledging how essential these have been to informing the author s existing knowledge base and in ensuring a higher level of learning and understanding In the continued quest to deliver optimal healthcare the objective of reflection is in enabling healthcare individuals e g nursing students newly qualified nurses or those considering change of nursing speciality to better understand their patients from a holistic standpoint physical psychological psycho social spiritual cultural and economic and ultimately improving the individual patient s overall experience cancer or otherwise as well as improving and enhancing practice outcomes The importance of reflection and its contribution to increasing the healthcare professional s self awareness emotional personal and professional is also well underlined Various Modules and Case Studies within the book are used to explain and highlight key issues and to enhance content and visual acuity **Critical Thinking and Writing for Nursing Students** Bob Price, Anne Harrington, 2016-01-30 This book is a clear and practical guide to help students develop critical thinking writing and reflection skills It explains what critical thinking is and how students should use it throughout their nursing programme This new edition also provides an innovative

new framework that helps students appreciate different levels of critical thinking and reflection to help nursing students appreciate the requirements of degree level study The book demonstrates the transferable nature of critical thinking and reflection from academic contexts to the real practice of nursing Key features Clear and straightforward introduction to critical thinking directly written for nursing students with chapters relating the subject to specific study and practice contexts Student examples and scenarios throughout including running case studies from four nursing students and further annotated examples of student s work on the website Each chapter is linked to the new NMC Standards and Essential Skills Clusters

Essay Writing MunLing Shields,2010-02-16 Essay Writing is a student guide with a mission to enable students to write better essays and get the grades they deserve by demystifying the essay writing process MunLing Shields places essay writing within the larger university experience for students In a clear and easy to understand way the author guides the reader through the process of writing successful university essays by looking at essay writing in the context of academic communication academic culture and different learning styles and approaches This book Helps students study more independently and learn more meaningfully to write better essays Offers invaluable insights into the way tutors see essays Explains why essays are set and how to understand the rationale behind them Demonstrates how best to approach answering the question This highly accessible book offers practical in depth guidance on each of the stages of the essay writing process planning drafting and editing and relates them to the important sub skills of information gathering reading academic texts how to get the most out of lectures referencing and citations and fluency and appropriateness of style and language An excellent guide for students new to writing essays at university David Ellicott Senior Lecturer in Youth Justice and Youth Studies Nottingham Trent University SAGE Study Skills are essential study guides for students of all levels From how to write great essays and succeeding at university to writing your undergraduate dissertation and doing postgraduate research SAGE Study Skills help you get the best from your time at university Visit the SAGE Study Skills hub for tips quizzes and videos on study success

**EBOOK: The Student Nurse's Guide to Successful Reflection: Ten Essential Ingredients** Nicola Clarke,2017-11-16 This book is an easy to read practical guide that will show you what reflection is and how you can do it successfully Assuming no prior knowledge it introduces you to ten essential ingredients to becoming an effective reflective practitioner Chapters will equip you with evidence based understanding and ideas for application to your own situation and support you to become an emotionally resilient self aware individual who can reflect and improve on your practice In clear and supportive language Nicola Clarke will guide you on your journey to developing the crucial reflection skills you need for your career as a nurse The book includes A step by step exploration of what reflection involves Ways to develop the skills you will need to do your own reflection A how to approach to using reflective models Practical and jargon free guidance on how to reflect A chapter on reflective writing Chapters about qualities you will need in your reflection such as being person centred and empathetic The Student Nurse s Guide to Successful Reflection is a must have text for all

nursing students as well as useful reading for those involved in supporting them With a Foreword by Theo Stickley Associate Professor University of Nottingham UK Reflection is a way of being encompassing many ingredients Clarke with great thoroughness and care introduces these constructively supporting students towards developing self insight and understanding of others Her advice explanations illustrations and exercises are lucid and paced helping nurses towards sufficient strength to undertake the developmental change which effective reflective practice brings And to become practitioners who are far more than competent nurses who are calmly self aware receptive and perceptive Gillie Bolton PhD former Senior Research Fellow Medicine and the Arts King s College London UK Reflection is a much discussed topic in nursing but some students find it difficult to reflect on their own practice Nicola Clarke s ten essential ingredients provide a clear and explicit guide to effective reflective practice and as such this should be a key text for all student nurses The chapters of this new text offer clear learning outcomes practical advice and models to follow in order to develop a genuine honest and balanced reflective writing style It is an engaging and informative read which promotes understanding of this important process Anita Savage Grainge RMN RGN RNT Senior Lecturer University of York UK An engaging book which deals with the complexity of reflection in a clear logical and in depth manner Developed around her extended definition of reflective practice Clarke clearly and logically enables the reader to build their understanding of reflective practice by focusing on her ten ingredients The structure of the book focusing on two ingredients in each chapter allows Clarke to provide clarity whilst at the same time showing the reader how the ingredients fit together to build a whole that is greater than the sum of its parts The focus on critical and analytic skills as well as person centredness based on Rogers core conditions provides a strong theoretical basis for students to understand reflective practice The use of questions and examples throughout are engaging and will be useful for students and tutors alike I think this book will be excellent for all healthcare workers students and qualified alike Whilst it is aimed at nurses the principles apply across healthcare I think it is a real gem and certainly the best book I have read about reflective practice Dr Rosie Stenhouse Nursing Studies University of Edinburgh UK

*A-Z of Reflective Practice* Fiona Timmins, 2015-08-27 This new text provides a jargon free user guide to the key concepts models and techniques of reflective practice from one of the leading writers in the field A one stop source book it can be used both by the beginner as a handbook and by the more experienced practitioner as a guide to other sources of thinking and information

**The Student's Guide to Reflective Writing** Martin McMorrow, 2024-03-21 From your studies to your career reflection and reflective writing is a key skill for personal and professional development However reflective writing requires a different approach to essays or reports it can be difficult to know how to accomplish it Written in a supportive and inclusive tone The Student s Guide to Reflective Writing is an ideal resource for anyone faced with reflective writing assignments It provides clear and practical advice on every step of the process showing you how to Record your experiences Choose what to write about Structure your assignment Write reflectively using appropriate tone and language

and Incorporate theory and refer to professional skills and competencies Throughout the book there are a wealth of practice tasks and detailed examples of reflective writing from a range of disciplines It also contains a glossary of sentence structures to help you get started and build your confidence This hands on and supportive guide equips you with the skills to write critically reflectively and successfully      The Principles and Practice of Nurse Education Francis M. Quinn,2000 This book now in its fourth edition has been updated to include material focused on evidence based practice Covering the complete spectrum of education as applied to nursing and health care professions this book maintains the blend of theoretical principles and practical applications that has proved successful over the preceding three editions Among the important developments discussed are the replacement of UKCC and the four National Boards with a new Nursing and Midwifery Council the initiative to establish the National Institute for Clinical Excellence and the move to incorporate clinical effectiveness into the clinical governance framework Frank Quinn brings together all the major changes that apply to educators within the National Health Service making this essential textbook an authoritative source of guidance up to date information and reference      Handbook of Reflection and Reflective Inquiry Nona Lyons,2010-04-07 Philosophers have warned of the perils of a life spent without reflection but what constitutes reflective inquiry and why it s necessary in our lives can be an elusive concept Synthesizing ideas from minds as diverse as John Dewey and Paulo Freire theHandbook of Reflection and Reflective Inquiry presents reflective thought in its most vital aspects not as a fanciful or nostalgic exercise but as a powerful means of seeing familiar events anew encouraging critical thinking and crucial insight teaching and learning In its opening pages two seasoned educators Maxine Greene and Lee Shulman discuss reflective inquiry as a form of active attention Thoreau s wide awakesness an act of consciousness and a process by which people can understand themselves their work particularly in the form of life projects and others Building on this foundation the Handbook analyzes through the work of 40 internationally oriented authors Definitional issues concerning reflection what it is and is not Worldwide social and moral conditions contributing to the growing interest in reflective inquiry in professional education Reflection as promoted across professional educational domains including K 12 education teacher education occupational therapy and the law Methods of facilitating and scaffolding reflective engagement Current pedagogical and research practices in reflection Approaches to assessing reflective inquiry Educators across the professions as well as adult educators counselors and psychologists and curriculum developers concerned with adult learning will find the Handbook of Reflection and Reflective Inquiry an invaluable teaching tool for challenging times      *Critical Thinking and Writing for Nursing Students* Bob Price,Anne Harrington,2013-05-13 Critical thinking writing and reflection are core skills that nursing students are expected to develop throughout their studies This book is a clear and practical guide to help students develop these skills It explains what critical thinking is and how students should use it throughout their nursing programme Throughout the book demonstrates the transferable nature of critical thinking and reflection from academic contexts to the real practice of

nursing The 2nd edition includes a new chapter on critiquing literature examines how caring skills are essential to critical thinking and includes a website with annotated examples of students work

**Critical Thinking TACTICS for Nurses M. Gaie Rubenfeld, Barbara Scheffer, 2014-03-28** Critical Thinking TACTICS for Nurses Achieving IOM Competencies Third Edition is a user friendly and practical manual focusing on the day to day realities of doing learning and evaluating critical thinking in nursing With clear examples of both the parts and the whole of this complex process each chapter includes action learning activities to promote critical thinking Tracking Assessing and Cultivating Thinking to Improve Competency based Strategies or TACTICS Issues addressed include critical thinking language and awareness enhancement the impact of critical thinking on quality care mentoring the critical thinking of staff and students and designing performance criteria for critical thinking Based on the authors research in both defining and assessing critical thinking in nursing this text also draws from their years of refining critical thinking teaching and learning methods Completely updated and revised the new edition offers critical thinking components combined with the Institute of Medicine s IOM five core competencies patient centered care interdisciplinary team work evidence based practice informatics and quality improvement New to this edition are updated case studies new illustrations new content on how to facilitate synthesis of high level critical thinking additional content on critical thinking within the nursing process increased TACTICS and new appendices to assist with the assessment of critical thinking

**Communication in Palliative Nursing Elaine Wittenberg-Lyles, 2013** This book unites complementary work in communication studies and nursing research to present a theoretically grounded curriculum for teaching palliative care communication to nurses The chapters outline the COMFORT curriculum Central to this curriculum is the need for nurses to practice self care

*Teaching in Nursing E-Book* Diane M. Billings, Judith A. Halstead, 2019-05-03 The perfect all in one guide for future nurse educators The award winning Teaching in Nursing A Guide for Faculty 6th Edition prepares you for the day to day challenges of teaching future nurses for practice in today s rapidly evolving healthcare system This comprehensive resource is the only one of its kind to cover all four components of nursing education teaching and learning curriculum evaluation and technology empowered learning You ll benefit from the expert guidance on such key issues as curriculum and test development diverse learning styles the redesign of healthcare systems and advances in technology and information Plus the 6th edition includes a unique new chapter on Global Health and Curricular Experiences along with updated information on technology empowered learning the flipped classroom interprofessional education interprofessional collaborative practice and much more Comprehensively addresses all four components of nursing education including teaching and learning curriculum evaluation and technology empowered learning Coverage of concept based curricula includes strategies on how to approach and implement concept based instruction Pedagogical aids include Evidence Based Teaching boxes covering such issues as how to do evidence based teaching applications of evidence based teaching implications for faculty development administration and the institution and how to use the open ended application questions



at the end of each chapter for faculty guided discussion Strategies to promote critical thinking and active learning are incorporated throughout the text highlighting various evaluation techniques lesson planning insights and tips for developing examinations Guidance on teaching in diverse settings addresses such topics as the models of clinical teaching teaching in interdisciplinary settings how to evaluate students in the clinical setting and how to adapt teaching for community based practice Strong emphasis on teaching clinical judgment new models of clinical education and responding to needs for creating inclusive multicultural teaching learning environments NEW Updated content throughout reflects the latest evidence based guidelines for best practices in teaching and learning NEW UNIQUE chapter on Global Health and Curricular Experiences focuses on internationalization of the nursing curriculum with an emphasis on leading international learning experiences policies procedures and guidelines for overseas study and global and health competencies for health professions programs NEW Enhanced pedagogy includes additional illustrations tables and boxes NEW Expanded interprofessional education chapter provides you with strategies for effective teaching in an interprofessional healthcare environment

**Understanding Ageing for Nurses and Therapists** Wilfred McSherry,Linda Rykkje,Susan Thornton,2021-06-08 This volume is a practical resource for all those responsible for caring for older people across health and social care It provides a comprehensive and holistic approach helping nurses therapists and social care professionals to better understand the impact of ageing upon the person and wider society A unique feature of this text is the focus upon positive ageing and the attempt to dispel and challenge some of the myths prejudices and negative attitudes that still prevail towards ageing and older people A key objective of the book is to introduce practitioners to some of the neglected or under addressed aspects of ageing such as spirituality sexuality and LGBT Chapters are written in an engaging and interactive style and where appropriate draw upon case studies and scenarios to maximize engagement developing competence by informing knowledge attitudes and skills The text introduces the practitioner to key dimensions of what it is to be a person physically psychologically socially and spiritually and how these contribute to the ageing process and can enhance the quality of life of older people Irrespective of whether one cares for older people in an acute hospital setting or domiciliary home care this text will be of relevance The material and content transcend health and social care boundaries providing valuable contemporary evidence that can inform and shape practice Above all this text will encourage reflection dialogue and engagement with some fundamental aspects of ageing challenging attitudes values and behaviour so that a more positive and balanced insight towards ageing is fostered This book will ensure that self awareness and professional practice are enriched and informed and the practitioner has a holistic understanding of ageing that will enable them to care for older people with compassion dignity and respect A

*Handbook of Reflective and Experiential Learning* Jennifer A. Moon,2013-04-15 This handbook acts as an essential guide to understanding and using reflective and experiential learning whether it be for personal or professional development or as a tool for learning It takes a fresh look at experiential and reflective learning locating them within an overall theoretical

framework for learning and exploring the relationships between different approaches As well as the theory the book provides practical ideas for applying the models of learning with tools activities and photocopiable resources which can be incorporated directly into classroom practice This book is essential reading to guide any teacher lecturer or trainer wanting to improve teaching and learning      *Understanding Research for Nursing Students* Peter Ellis, 2022-04-08 Get to grips with all aspects of research that you need to succeed in your nursing degree Learn why research is so important to nursing develop your knowledge of key methods and terminology and build your confidence in applying research principles to your nursing practice Key features o Each chapter is mapped to the 2018 NMC standards showing how research relates to the requirements of a registered nurse o Straightforward language and a step by step approach introduce you to key concepts and guide you through all aspects of the research process o Filled with activities and case studies to help you apply research principles and methods to your studies and practice

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