

Personal Reflection On Practicing A Clinical Skill Nursing Essay

This essay will discuss a clinical skill in which I have become competent in practicing. I will use a reflective model to discuss how I have achieved the necessary level of competence in my nurse training programme. The reflective model I have chosen to use is Gibbs model (Gibbs 1988). Gibbs model of reflection incorporates the following: description, feelings, evaluation, analysis, conclusion and an action plan (Gibbs 1988). The model will be applied to the essay to facilitate critical thought, relating theory to practice where the model allows. Discussion will include the knowledge underpinning practice and the evidence base for the clinical skill. A conclusion to the essay will then be given which will discuss my reflection skills, acknowledge my competence and show my personal and professional development.

The clinical skill I have chosen to reflect on within this essay is the administration of Intramuscular (IM) injections. I have chosen this as within my first clinical placement this was a widely used method of drug administration and I became involved in the process of IM injections. I therefore researched the topic of IM injections and my knowledge within this area developed.

The first stage of Gibbs (1988) model of reflection requires a description of events. I was asked to administer a drug to a patient via IM injection. I had observed this clinical skill on a variety of occasions and had previously administered an IM injection under supervision. On this occasion I was being observed by two qualified nurses, one of which was my mentor. The drug had been drawn up and was ready to be administered and the patient consented to have a student administer the injection. My mentor was talking me through the procedure step by step and informed me that I should use an alcohol wipe to cleanse the injection site, when the other nurse interrupted and said that this was not necessary. This was in front of the patient, who then requested that the alcohol wipe was omitted as on previous occasions this had caused a stinging sensation. My mentor said that this was acceptable and I continued to administer the injection, omitting the use of the alcohol wipe. On the previous occasions when I had administered IM injections I had not cleansed the site and had never been instructed to adopt this practice.

I am now going to enter into the second stage of Gibbs (1988) model of reflection, which is a discussion about my thoughts and feelings. I was aware of being under the supervision of two qualified nurses and this made me feel very nervous and self conscious. Once my mentor questioned my practice, concerning skin cleansing, I became even more aware of feeling nervous and under pressure. The patient was present and I did not want the patient to feel that I did not know what I was doing. I thought that as I had been observed carrying out this clinical procedure on many other occasions then my practice must have been seen to be correct. I was now feeling very confused about the use of alcohol wipes in the administration of IM injection. I was also concerned that the practice of the qualified nurses was so inconsistent, which led me to evaluate the whole process.

Reflection Essay Example Nursing

Bo Göranzon, Magnus Florin



Reflection Essay Example Nursing:

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 **Reflective Practice in Nursing**

Chris Bulman,Sue Schutz,2013-05-06 Reflective Practice is increasingly recognised as an important topic that has the potential to help nurses to develop and learn from their practice This practical and accessible guide uses the latest research and evidence to support the development of skills in reflective practice and provides help and advice on how to get started how to write reflectively and how to continue to use reflective practice in everyday situations This fourth edition of Reflective Practice in Nursing contains new material on mentoring and supervision and on group reflection and includes a new chapter on teaching reflective practice Reflective Practice in Nursing is an indispensable guide for students and practitioners alike who wish to learn more about reflective practice as well as containing essential information for teachers and lecturers

Reflective Writing for Nursing, Health and Social Work Elizabeth Tanguay,Peter Hanratty,Ben Martin,2025-07-10 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 The new edition will feature guidance on working with AI tools as part of the reflective writing process and will help students understand the benefits the risks and how to maintain academic integrity The book will also feature a new introductory section about getting into the reflective mindset Suitable for students of all health related disciplines this book will give readers the key tools they need to take their writing to the next level *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 **Writing Your Nursing**

Portfolio: a Step-By-step Guide Fiona Timmins,Anita Duffy,2011-04-16 I am delighted to endorse this practical and accessible guide to writing and developing a portfolio for nurses Unlike many how to do approaches to portfolio compilation this book acknowledges the complexity involved in learning from practice and recording that learning in a meaningful way The book respectfully guides the reader through essential elements to be considered if a portfolio is to be more than a

depository of paper yet avoids prescription in acknowledging the individual nature of the portfolio and its necessity to reflect the nurse's own journey through their career Professor Melanie Jasper Head of College of Human and Health Sciences Swansea University UK The compilation of a nursing portfolio is a task which is often neglected in the busy student nurse's life between long shifts and assignments Timmins Duffy encourage one to take on the challenge and guide one through the process systematically Examples of structured reflections and of portfolio layouts make the realisation of one's own well presented portfolio easier than one might think Any student or qualified nurse will thus benefit from Timmins Duffy's encouraging book Karin Schirmaier Student University of the West of England UK This book is intended for nurses at all stages of their careers and offers a much needed step by step guide to planning writing and maintaining a portfolio I was particularly pleased to see a strong emphasis on reflection and education as a means of encouraging nurses to think critically and learn from their own practice All in all this is a very well constructed book which I highly recommend Professor Gary Rolfe Swansea University UK This handy guide co published with the Nursing Standard is perfect for nurses who need to put together a portfolio and don't know where to start Written as a step by step guide it answers all the common questions about how to compile and write a good nursing portfolio Each chapter includes different tasks so you can create your portfolio as you work through the book The book assumes no prior knowledge of portfolio building and includes Examples of good and challenging portfolio pieces Tools and techniques for reflection and critical thinking Guidance on the NMC competency frameworks Writing your Nursing Portfolio is indispensable reading for all nursing students looking for a clear and accessible guide to creating and developing a portfolio The book describes how the nursing portfolio fits into clinical practice and how it can make a positive difference to the nurse patient and others

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

Reflective Practice for Nurses Claire Boyd, 2023-01-05 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

Reflection for Nursing Life John McKinnon, 2016-01-29 Over the past decades reflection has taken centre stage in nursing education but it is easy to get stuck in a superficial cycle of storytelling and self examination without getting any further insights into your own practice and abilities *Reflection for Nursing Life* starts with a basic introduction to reflective practice and moves through to look at more critical perspectives with guidance for reflecting on the complex realities of practice This accessible text is designed to support a deeper understanding of the value of reflection and its relationship with the needs of modern practice Beginning with discussions of self awareness and the reflective cycle it goes on to explore ideas about critical incidents critical reflection models and transformational learning It integrates cutting edge neuro scientific research and thinking about emotional labour and intelligence in healthcare into mainstream reflective practice drawing on both new and established ways of guiding learning and professional judgment *Reflection for Nursing Life* includes numerous exemplar reflective narratives diagrams and exercises to help the reader identify their strengths and weaknesses whilst tips for overcoming weaknesses and developing strengths are also provided It is the ideal text for nursing students and practitioners looking to improve their reflective practice skills

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

Getting Ready for your Nursing Degree Victoria Boyd, 2014-05-01 More and more people are considering a career in nursing or healthcare but the thought of undertaking an academic degree at university can be intimidating Whether you are moving straight from school or college or have been away from education for some time *Getting Ready for your Nursing Degree* is essential preparation for anyone considering becoming or about to become a nursing student It looks at all aspects of university work in a straightforward way and provides advice examples

and activities designed to help you get the most out of classes research and assessments from your first lecture right through to sitting exams and learning on placement Designed with nursing students in mind this small but perfectly formed guide is tailored to help you develop the skills you will need not only for your course but for your career and lifelong learning as a registered healthcare practitioner **Essentials of Nursing Practice** Catherine Delves-Yates,2015-03-31 Get 24 months FREE access to an interactive eBook when you buy the paperback Print paperback version only ISBN 9781473929579 A Unique Blend of Digital and Print Learning Resources Essentials of Nursing Practice is a ground breaking new resource which introduces nursing students to the core topics they need to master during their first year and beyond It brings the study of nursing to life across all four fields of nursing in all settings focussing on what it takes to be the best nurse you can be through person centred compassionate care Unlike any other book it uniquely blends digital and print learning resources to engage all styles of learners and to provide lecturers with helpful resources to use in their teaching More than just a book An accompanying interactive eBook links to extra resources including videos case studies interactive revision quizzes flashcards study plans and more Students can use the eBook to study where and when they want and read annotate and search the book on a tablet laptop or PC All these resources are also available through SAGE edge visit <https://edge.sagepub.com/essentialnursing> to find out more Please note that the free access to these resources is only available when you purchase the Print copy of this textbook Key features of the print and eBook help students to Understand Colourful easy to navigate design chapter topic lists study plans and knowledge links help students to quickly grasp what they need to know and how topics are interrelated Apply Real voices from students patients and nurses case studies with questions clinical skills videos and anatomy and physiology revision help students apply knowledge in placements or practical assessments Go further What s the Evidence summaries of research critical thinking activities links to SAGE journal articles useful websites and further reading help students prepare for essays or for the next stage of their course Revise Chapter summaries test yourself interactive questions and key term flashcards help students do their best at assessments and exams Advisory Editors Learning Disabilities Robert Jenkins and Ruth Northway University of South Wales Child Nursing Carol Hall The University of Nottingham Mental Health Steven Trenoweth University of Bournemouth Adult Nursing Karen Elcock Kingston University London Clinical Skills Fiona Everett and Wendy Wright University of the West of Scotland interactivity only available through Vitalsource eBook **Nursing Study and Placement Learning Skills** Sue Hart,2010-03-04 Nursing students require a unique study skills book to help them succeed in both the classroom and the clinical area Nursing Study and Placement Learning Skills is a once stop shop of trustworthy and professional advice for all aspects of the pre registration nursing course with additional insights from students lecturer and mentors **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 *Writing for Professional*

Development Giulia Ortoleva, Mireille Bétrancourt, Stephen Billett, 2015-10-20 In their edited volume *Writing for Professional Development* Giulia Ortoleva Mireille B trancourt and Stephen Billett provide a range of contributions in which empirical research instructional models and educational practice are used to explore and illuminate how the task and process of writing can be used as tools for professional development Throughout the volume two main perspectives are considered learning to write professionally and writing to learn the profession both for initial occupational preparation and ongoing development within them The contributions consider a range of fields of professional practice across sectors of education starting from the premises that the role of writing as evolved in all occupational domains becoming a key activity in most workplaces Contributors are Cecile M Badenhorst Elena Boldrini Esther Breuer In s Cardoso Alberto Cattaneo Peter Czigler Jessica Dehler Pauline Glover Terri Grant Jean Luc Gurtner Jacqueline Hesson Ashgar Iran Nejad Rhonda Joy Ann Kelly Merja Kurunsaari Xumei Li Laetitia Mauroux Heather McLeod Elisa Motta Astrid Neumann Julian Newman Sigrid Newman Sharon Penney Lu sa Alvares Pereira Sarah Pickett Iris Susana Pires Pereira Anna Perr ard Vit Arja Piirainen Elisa Redondi Sabine Vanhulle Ray Smith Kirk P H Sullivan Linda Sweet Pa vi Tynj l Dorothy Vaandering Rebecca Woodard and Gabrielle Young

Basic Concepts of Psychiatric-mental Health Nursing Louise Rebraca Shives, 2007 This seventh edition includes new chapters and maintains popular features from previous editions such as self awareness prompts while adding research boxes and student worksheets at the end of each chapter Study Skills for Nursing and Midwifery Students Philip Scullion, David Guest, 2007-08-16 this is the only book I have come across that gives consideration to student midwives There are many study skills books available for nursing students and although this book is aimed at both it does take into account the differences between the two professions this is a useful book which delves deeper than its cover would suggest MIDIRS Midwifery Digest

This book is an essential course companion for nursing and midwifery students at degree and diploma level as well as those returning to study. It covers key skills and knowledge needed such as Study strategies, Reflective practice, Critical thinking, Evidence based research, Exam techniques, Literature searching, How to succeed in assessments. Lively and accessible, the book includes bullet points and exercises that will enhance reader efficiency in learning. The book also has an accompanying website www.openup.co.uk/nursingsuccess that is written specifically for this market and includes tips on Writing CVs and covering letters, Finding a good job, Interview skills, Continuing professional development (CPD) for nurses and midwives, Career progression, Study Skills for Nursing and Midwifery. Students has been carefully structured to be used throughout a nursing career. It is key reading for new students in midwifery and all fields of nursing as well as qualified staff who aim to enhance their professional development.

Skill and Education: Reflection and Experience Bo Göransson, Magnus Florin, 2012-12-06. This book has an important starting point in the conference held in Stockholm in May/June 1988 on Culture, Language and Artificial Intelligence. It assembled more than 300 researchers and practitioners in the fields of technology, philosophy, history of ideas, literature, linguistics, social science etc. The conference was an initiative from the Swedish Center for Working Life based on the project AI Based Systems and the Future of Language, Knowledge and Responsibility in Professions within the COST 13 programme of the European Commission. Participants in the conference and researchers related to its aims were chosen to contribute to this book. It is preceded by *Knowledge, Skill and Artificial Intelligence* ed. B. Göransson and I. Josefson, Springer Verlag, 1988; *Artificial Intelligence, Culture and Language* ed. B. Göransson and M. Florin, Springer Verlag, 1990; and *Dialogue and Technology, Art and Knowledge* ed. B. Göransson and M. Florin, Springer Verlag, 1991. The two latter books have the same conference connection as this one and their aim is to present the contours of a research field with a multitude of issues that demands thorough investigation. The contributors' thinking in this field varies greatly so do their styles of writing. For example, contributors have varied in their choice of he or she for the third person. No distinction is intended but chapters have been left with the original usage to avoid extensive changes. Similarly, individual contributors' preference as to notes or reference lists have been followed.

Reflective Practice Research in Higher Education Pedagogies Michael Noah Weiss, Guro Hansen Helskog, 2023. This anthology examines university lecturers' experiences with pedagogical practices across various higher education disciplines. The experiences are investigated by means of reflective practice research, a phenomenological and hermeneutical approach intended to make implicit practical knowledge explicit and thus to develop a deeper understanding of professional practices. While instrumental practice research gives a practitioner knowledge of facts, reflective practice research gives the practitioner orientational knowledge in line with a so-called kaleidoscopic epistemology.

Contexts of Nursing John Daly, 2009. *Contexts of Nursing 3e* builds on the strengths of previous editions and continues to provide nursing students with comprehensive coverage of core ideas and perspectives underpinning the practice of nursing. The new edition has been thoroughly revised and updated. New material on

Cultural Awareness and Contemporary Approaches in Nursing has been introduced to reflect the realities of practice Nursing themes are discussed and are supported by illustrated examples and evidence Each chapter focuses on an area of study within the undergraduate nursing program and the new edition continues its dis

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

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