Reflective Practice

In nursing practice and especially leadership an administration, reflection remains as one of the main practices that enhance service delivery and efficacy. Any nurse that does not reflect on his or her service delivery is deemed to reduce the efficiency associated with medical services offerings. Nicol and Dosser (2016) note that nurses are bound to reflect on the information provided by the patients to ensure that they improve on service delivery. Previously and commonly, nurses have utilized reflection after an incidence. However, reflection should be utilized before an occurrence has taken place to ensure that the service delivery is improved (Nicol, & Dosser, 2016). Reflection allows individual nurses to offer better services while at the same time allowing them to upgrade on their preparation for existing and expected situations.

Nursing leadership and leadership requires a lot of reflection to allow for the enhancement of service delivery. Oelofsen (2012) notes that in frontline nursing, nurses can use the reflective practice to enhance the sense of the work they do and the mode of service delivery. According to Oelofsen (2012), reflective practice is a model that allows for nurses and especially leaders and administrators to up their skills in the way they deliver care among the patients they are taking care of. Moreover, this practice allows nurses to take more control of the clinicians by allowing them to be careful while offering care to the patients. It is imperative to, however, note that the aspect of reflective practice takes place both at group and personal level and should not be mistaken for personal milestones in healthcare.

References

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Reflections On Contemporary Nursing Practice

Rachel Sandford

Reflections On Contemporary Nursing Practice:

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pedagogy Sue Dyson addresses the core issues facing nurses today and argues that the current curriculum no longer reflects or serves contemporary nursing practice In a time of scandals cuts in funding and shortfalls in the profession this book provides an answer to the growing call for a dynamic restructuring of nurse education Offering a critical analysis of innovative pedagogies for nursing the author proposes the notion of the co created curriculum as a way forward for nurse education in the post Francis era This will be an invaluable read to academics practitioners and policy makers in the fields of nursing medicine education education policy and medical sociology 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 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Nursing in the Community: an essential guide to practice Sue Chilton, Karen Melling, Dee Drew, Ann Clarridge, 2004-04-30 Nursing in the Community an essential guide to practice is an introductory textbook for professionals and students who have chosen a career in community health care nursing The book gives comprehensive coverage of the full

range of professional issues such as personal safety and the environment in addition to public health health promotion and family health nursing This user friendly text provides clear guidelines on how to transfer skills from the hospital acute setting to the community In addition it fully reflects current government health social policy the implications for the roles and responsibilities of the community health care nurse and aims to support a trainee new practitioner to function safely and effectively in the full range of community settings **Guided Reflection** Christopher Johns, 2009-02-12 Reflection is widely recognised as an invaluable tool in health care providing fresh insights which enable practitioners to develop their own practice and improve the quality of their care This book introduces the practitioner to the concept of Guided reflection an innovative research process in which the practitioner is assisted by a mentor or guide in a process of self enquiry development and learning through reflection in order to become fully effective Guided reflection is grounded in individual practice and can provide deeply meaningful insights into self development and professional care The process results in a relexive narrative which highlights key issues for enhancing health care practice and professional care This book uses a collection of such narratives from everyday clinical practice in nursing health visiting and midwifery to demonstrate the theory and practicalities of guided reflection and narrative construction. These narratives portray the values inherent in caring highlight key issues in clinical practice reveal the factors that constrain the quest to realise practice and examine the ways practitioners work towards overcoming these constraints A Uro-Oncology Nurse Specialist's Reflection on her <u>Practice Journey</u> 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 **High Dependency Nursing Care** Tina Moore, Philip Woodrow, 2004-04-08 Written by a team of nurses experienced in providing supporting and developing high dependency care this book discusses practical issues and explores the current evidence base for clinical practice It covers all important skills needed and best practice for caring for high dependency patients or undertaking post registration courses to prepare them for high dependency nursing Structured in four parts the first Perspectives on High Dependency Care explores the contest of care focusing on fundamental aspects like sleep nutrition pain management and stress demonstrating how to achieve quality nursing care Pathophysiology and Treatments describes the main diseases that cause critical illness and treatments that patients will often be given Monitoring and Skills enables nurses to interpret and understand the information gained from observation and monitoring The final part Professional Issues explores topics like clinical governance reflection practice development and managing change to assist nurses in developing their own clinical practice and professional development

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